



PDCN offers FREE small group workshops specifically designed for people with disability, parents of adults or young people with disability and partners or family members providing direct informal (unpaid) support.

Resilience Workshop

Resilience is about recognising and growing durable inner strength. It is more than just recovering from loss, trauma, or ongoing difficult situations or circumstances.

It is about cultivating well-being, developing mental resources, and developing an underlying sense of contentment and joy.

Identify & assist in converting your current resilience skills, recognise reacting to stressors and the impact and use resources provided to maintain and grow skills.

September

Part 1: Tuesday 7th, 10am - 12:30pm

Part 2: Tuesday 14th, 10am - 12:30pm

October

Part 1: Tuesday 20th, 10am - 12:30pm

Part 2: Tuesday 27th, 10am - 12:30pm

November

Part 1: Tuesday 7th, 10am - 12:30pm

Part 2: Tuesday 14th, 10am - 12:30pm

NDIS Self-Management Workshop

Are you considering self-managing your NDIS plan or a family member's plan? Maybe you are already self-managing an NDIS plan but would like more information and tips?

Designed for participants who already have an NDIS plan and are either already self-managing or considering self-managing.

September

Thursday 9th, 10am - 12:15pm

October

Tuesday 12th, 10am - 12:15pm

Tuesday 19th, 5:30pm - 7:45pm

November

Tuesday 2nd, 5:30pm - 7:45pm

Thursday 4th, 10am - 12:15pm

Speaking Up for Yourself Workshop

Do you need some strategies, tips, and effective methods to help you know how and when to speak up or more formally advocate for yourself?

This workshop covers the benefits of speaking up, the skills required including effective communication, developing a plan, reviewing the outcomes and considering alternate approaches.

September

Thursday 16th, 10am - 12:15pm

October

Thursday 14th, 5:30pm - 7:45pm

November

Tuesday 16th, 10am - 12:15pm

REGISTER NOW

e. admin@pdcnsw.org.au

p. 02 9552 1606

<https://www.pdcnsw.org.au/workshops/>

All our workshops are currently delivered live, online using zoom in small groups to ensure equal participation. They are facilitated by people living with disability and with lived experience of disability.