



RESILIENCE IN REACH FINDING YOUR WAY

- Understand how health and education systems work and what support is available
- Identify common barriers to getting help and how to navigate them
- Learn tools and strategies to work well with professionals
- Build confidence in sharing your family's story to ensure your needs are understood
- Strengthen advocacy skills for you and your young person

**JOIN OUR FREE WORKSHOP IN
IPSWICH**

WED 17 SEPTEMBER, 2025



Breaking Barriers



Building Confidence



Making Connections

WHAT WE OFFER



Support

100% Peer guided support from parents, carers, families and kin with lived experience.



Lived Experience

Codesigned by parents, carers, families and kin, along with young people.



Resources

Codesigned workshops to increase knowledge, skills and confidence.



Community

Sharing our stories to empower others.

(07) 3544 0988

info@raisingminds.org.au

www.raisingminds.org.au

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Resilience in Reach
AN INITIATIVE OF

