

## Help for Your Family fact sheet

# Connecting with other families



**Getting to know other families with children with disability is a great way to build your information and support network.**

Every family with a child with disability has travelled a unique journey, full of joys and challenges.

Connecting with other families who share similar experiences and who 'get it' can become a valuable source of emotional support and an important part of looking after yourself. Together you can share information and ideas, celebrate the joys and see how others approach challenges.

There are many ways to connect, so choose what works for you. You could meet in person, connect online or through a disability-specific group or association. Some groups provide information while others may offer emotional support or fun activities. It's worth exploring what these groups have to offer as you navigate your child and family's journey.

Joining a peer support group can help you feel more confident, capable and less isolated. Many families say it helps to smooth the road ahead and can lead to meaningful relationships throughout their child's life.

There are also many opportunities to meet other families in your local community through groups, libraries, events and activities which are open to everyone.

### Playgroups

Playgroups are a great way for parents and children to come together and have some fun. Playgroups are inclusive of all children. There are also a number of disability-specific playgroups, including PlayConnect+ for children with developmental delay and playgroups with Auslan interpreters.

Find local playgroups  
<https://www.playgroup.org.au/>

### Strengthening Parent Support Coordinators

Strengthening Parent Support Coordinators across Victoria help families with children with disability connect with each other and provide information about local services and support. Contact the Coordinator near you for information about connecting with other families in your local area.

Find your local Strengthening Parent Support Coordinator  
<https://www.acd.org.au/strengthening-parent-support-coordinators/>

## **MyTime groups**

MyTime is for parents and carers of children with a disability, developmental delay or chronic medical condition. It's a place where you can unwind and talk about your experiences. It's a world away from appointments and therapy. A Play Helper is there to play with preschool children.

Find your local MyTime group  
<https://www.mytime.net.au/>

## **Magazines**

Source Kids magazine, founded by mum Emma

Source Kids – For parents, carers & professionals of children with special needs  
<https://sourcekids.com.au/>

## **Closed Facebook groups**

There are lots of closed Facebook groups for parents raising children with disability. Google your child's disability and/or where you live to find the best groups for you.

## **Multicultural support groups**

Vietnamese Families with Special Needs  
<https://vfn.org.au/>

Chinese Parents Special Support Network  
<https://cpsn.org.au/>

## **Disability-specific organisations (A to Z)**

ADHD Support Australia  
<https://www.facebook.com/groups/ADHDSupportAustralia/>

Angelman Syndrome Association Australia  
<https://angelmansyndrome.org/>

Aussie Deaf Kids  
<https://www.aussiedeafkids.org.au/>

Autism – Amaze  
<https://www.amaze.org.au/>

Autism – Yellow Ladybugs  
<https://www.yellowladybugs.com.au/>

Batten Disease Support and Research Association Australia  
<https://bdsraustralia.org/>

Brainwave Australia  
<https://brainwave.org.au/>

Cerebral Palsy Parents Australia  
<https://www.facebook.com/groups/Cpparentsaustralia/>

Cri Du Chat Support Group  
<https://criduchat.org.au/>

Deaf Children Australia  
<https://www.deafchildrenaustralia.org.au/>

Dyslexia Victoria Support  
<https://www.facebook.com/groups/dyslexiavictoriasupport>

Down Syndrome Victoria  
<https://www.downsyndrome.org.au/vic/>

Eosinophilic Gastrointestinal Disorder  
<https://www.ausee.org/>

Epilepsy Foundation  
<https://epilepsyfoundation.org.au/>

Fragile X Association of Australia  
<https://www.fragilex.org.au/>

Genetic Support Network Victoria  
<https://www.gsnv.org.au/>

Heads Together for ABI – Acquired brain injury  
<https://headstogether.org.au/>

Kabuki Syndrome – Supporting Aussie Kids with Kabuki Syndrome (SAKKS)  
<https://www.sakks.org/>

Life's Little Treasures – children born premature or sick  
<https://lifeslittletreasures.org.au/>

Little Dreamers Australia – Young carers  
<https://www.littledreamers.org.au/>

Muscular Dystrophy Australia  
<https://www.mda.org.au/>

Prader-Willi Syndrome Association of Victoria  
<https://pwsavic.org.au/>

Rett Syndrome Association  
<https://rettaustralia.org.au/>

School Can't Australia  
<https://www.schoolcantaustralia.com.au/>

Short Statured People of Australia  
<https://sspa.org.au/>

Siblings Australia  
<https://siblingsaustralia.org.au/>

SPELD - Learning disabilities  
<https://speldvic.org.au/>

Stroke - Childhood stroke  
<https://strokefoundation.org.au/About-Stroke/Learn/Childhood-stroke>

SWAN - Syndromes Without a Name  
<https://swanaus.org.au/>

Tourette Syndrome Association of Australia  
<https://tourette.org.au/>

Usherkids  
<https://usherkidsaustralia.com/>

Very Special Kids - Life threatening illness  
<https://vsk.org.au/>

Vision Australia  
<https://www.visionaustralia.org/>

Vision Resource Centre  
<https://www.svrc.vic.edu.au/>

## Free services for families

- Support Line
- Workshops
- Information
- Peer support

