



Building better futures
for children with disabilities



Parent Connections and Support

This program brings parents and carers together to share Ideas and to connect with their community.

Parenting is an important and demanding role for all of us. Some parents experience considerable stress and need additional support from their family, friends and professionals. Parents who have a child with a disability can also find great support in each other.

Feeling you are not alone is empowering and sharing valuable experiences and information is the foundation of support for many families. Taking care of yourself is also important.

Noah's Ark runs the free Victoria-based parent support program, **Strengthening Parents Program** (Gippsland).

Strengthening Parents Program is a free Victoria-based parent support program which supports families of children with disabilities (aged 0-18-years) in Gippsland.

The activities we offer include: Linking parents to another parent who has a child with the same or a similar disability in their area, Providing information about a disability, the services available and referrals or access to services, Linking parents into local and state-wide parent support organisations, including parent support groups, and advocacy parent support.



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We also provide up-to-date information on a broad range of other parent-to parent support groups across Victoria and the ACT.

This information links parents to support group meetings, training sessions, news, and information and promotes self-advocacy.