

Friendship Matters

A course to learn more about friendships



What is the Friendship Matters Course about?



Friendship

Often, we hear from people with developmental disabilities that they are lonely and do not have many friends without a disability.

Having good friends around us makes life more meaningful and fun.



Talk

Friendships give us other people to talk to, learn from and share interests and time with.



Community

Knowing how to make and keep friends can be hard, and this can be even harder for people with developmental disabilities (intellectual disability or autism) when in the community.



Group Discussion

The Friendship Matters Course is about people coming together to talk and learn about:

- Friendship
- Why friendship is important
- Types of friendships
- What makes a good friendship
- How to make and keep friends



Good Support

Who is the Friendship Matters Course for?

The Friendship Matters Course is for people with developmental disabilities (and their supporters) who would like to meet and learn about friendship and share their experiences.

Supporters cannot come alone; they need to come with a person that they are supporting.



Meetings to
date



Webinar



Talk



Easy Read

How will it work?

There will be 3 meetings in person and 1 meeting online.

- Monday, 18 November 2024 (in person)
- Monday, 25 November 2024 (in person)
- Monday, 2 December 2024 (in person)
- Monday, 10 February 2025 (online)

There will be someone from Belonging Matters who will help organise and run the course.

People in the course will:

- Share their stories and experiences
- Talk and learn about how to make friends
- Learn from others about how to be a good friend
- Take part in some activities

We will use easy to understand information and activities.

Who will facilitate the course?

Teresa and Carmine from Belonging Matters will organise and help run the course.



Teresa



Carmine

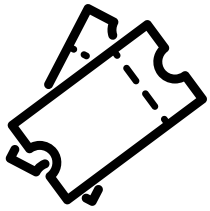


Yes



No

Are you interested?



Ticket



Link

If you are interested in being part of the Friendship Matters Course, complete the [Humanitix Registration Form](#) online.



Email

For more information, you can email:

Teresa: facilitator@belongingmatters.org

Carmine: carmine.laghi@belongingmatters.org



Phone

For more information, you can phone:

Teresa: 03 9739 8333

Carmine: 03 9739 8333