# Life After School – 6 Series Course

# Wodonga, Albury and Surrounding Areas Only

# Course Details (Text Only)

# What this course is about?

Planning for life after school can seem daunting, especially when you have an intellectual disability or Autism. The options may seem slim and limited to segregated programs, however with vision, preparation and planning it’s possible for young people with a disability or Autism to thrive in the community after school. This 6 series course aims to assist participants to plan and prepare for an **inclusive** life after school that is personally relevant and meaningful.

# Topics covered in this course

* The importance of community, belonging and an inclusive, typical pathway,
* What can be done early to build a foundation for adulthood,
* Creating a clear vision, goals and objectives for life after school,
* The importance of harnessing gifts, interests, passions and strengths,
* Exploring inclusive pathways for life after school, including valued roles, employment and civic contribution, and
* The role of support.

# Who is this course for?

This course will be of value to those who are interested in exploring inclusive pathways in the community. It is available to people living in **Wodonga** and surrounding areas, including **Albury**. It is designed for family members, advocates and friends of students or young adults with an intellectual disability and/or Autism. It is applicable to those with younger children as a means of long-term preparation, students approaching the end of secondary school or individuals who have left school and are dissatisfied with the traditional options often offered.

# Speakers

**Deb Rouget** is the CEO of Belonging Matters. For over 35 years, she has been involved in the lives of people with a disability and their families. Through her work at Belonging Matters, Deb has led a number of initiatives that promote the genuine social inclusion of people with intellectual disability. She mentors, lectures and consults regularly in regard to community, belonging, employment and home.

**Teresa Micallef** has worked alongside people with disabilities and their families for over 25 years. She is currently the Project Manager of Building Community Networks at
Belonging Matters. Through her work, she has gained much experience in assisting people with a disability and their families to build a pathway for life after school.

**Guest Speakers** will also share their stories about pursuing an inclusive pathway after school.

**Feedback from previous participants**

Transformational. Real life stories. Fantastic. Inspiring, refreshing and wonderful. Changed my mindset about planning for my daughter’s future. Progressive thinking and empowering way of action. Opened my mind to an understanding that there is a lot out there. It has challenged me to look outside the square and focus on my daughter’s strengths. Motivating!

# Course Structure

The course will include 6 training sessions. Each session is designed to build on the previous session, so attendance at all sessions is crucial.

* Sessions will be held via Zoom and may include face to face workshops.
* Zoom sessions will be 2 hours in length. Each session will contain learning
material and examples.
* Participants numbers will be limited to enable group discussion.
* Participants are encouraged to bring an ally.
* **If requested,** participants will also have the opportunity to be supported by a mentor from ConneXtions to have follow up discussions and complete exercises between sessions with the focus person, family and friends.

# Ticket Information

To book a ticket please visit our [Eventbrite Booking Link](https://www.eventbrite.com.au/e/life-after-school-6-series-online-course-tickets-138890341751)

In booking you will receive a confirmation email after your one-time registration. Prior to each scheduled session, you will also receive reminders which include information about how to join each online session.

Registrations are only available online. Please read our [ticket terms and conditions and refund policy](https://www.belongingmatters.org/policiesandprocedures) before booking your ticket.

**Registrations close on Friday, 26 February 2021. Limited spaces available. Residents from Albury, Wodonga and surrounding areas only.**

# Ticket Description and Price

Concession - $120.00 plus GST per family.

Tickets are only available to unpaid family members, advocates and friends of people with intellectual disability or Autism. Course cost includes: six sessions, workbook and handouts.

**Course Dates for 2021**

· Session 1: March 2nd 2021

· Session 2: March 16th 2021

· Session 3: March 30th 2021

· Session 4: April 20th 2021

· Session 5: May 4th 2021

· Session 6: May 18th 2021

**Session times:** 10.30am-12.30pm AEST (Zoom Meetings will opens at 10.25am).

# Accessibility

We aim to ensure that people have equal access to our events. Given this is a Zoom meeting we can arrange captions on request for people who are deaf but we require notice. Please email info@belongingmatters.org inform us of your need before 17 February 2021.

For further information please phone 03 9739 8333 or email info@belongingmatters.org