



# Ballarat Parent Carer Connect

**A group for parents and carers of children with disabilities and additional needs who want to be more active, socially connected, and informed.**

We aim to try a range of activities that will get us out and about. Activities may include walks, frisbee golf, bowling, visiting galleries, coffee catch ups etc.

The Parent Support Program Coordinator will bring important updates and information about services and activities for families.

All parents of children (and adults) with disabilities are welcome. You do not have to be using any other Pinarc services. Let's support each other to be more socially connected and physically active. You can come to single session or every session.

The Pinarc Parent Support Program is supported by the Victorian Government.

## Times:

Times will vary depending on the activity. Generally Tuesday or Wednesday mornings or Monday evenings.

## Venues:

Various locations in Ballarat

## How Much Does it Cost?

We will endeavor to make activities free for participants, though there may be a small fee for some sessions.

## How do I register:

For further information contact  
Rebecca Paton,  
Parent Support Program Coordinator  
Phone: 0493 765 542  
Email: rpaton@pinarc.org.au

