



# Kindred

*We're passionate about all children  
and families living their best lives  
and discovering a future full of  
possibility.*

[www.kindred.org.au](http://www.kindred.org.au)

# Welcome

*from Stacey Touma, CEO*



Welcome to the Kindred Community!

As a caregiver of a child with a developmental delay, disability, or medical need, life can get overwhelming. There's no guide, no rulebook. But while every family journey is unique and full of beautiful unknowns, no journey needs to be travelled alone.

Kindred is an uplifting, supportive and informative community made by families, for families of children with disability, a developmental delay or medical need. Which means we've been where you are now. Whether you're just starting out on your journey, or you're at a point of transition in your child's life, know that we get it. And we've got you.

Your journey will be full of joy and beauty. There will be struggles and challenges, but with helpful guidance and support from families who have travelled a similar path, your family will discover a future full of possibility.

Through our free programs, trusted resources, and supportive community, we help families just like yours to build the skills, knowledge and confidence that will see your child and family thrive.

Let our experience guide you.

*Stacey Touma*



**Team Kindred**



# What *we* do



## *Connections*

Linking up with like-minded parents and caregivers changes everything.

We provide opportunities for families to come together to share, laugh and learn. Ours is a safe, inclusive space that can help you navigate (and celebrate) everyday life, as well as the big picture.

## *Education*

Our programs, workshops and webinars are based on best practice, evidence-based approaches to supporting children with disability. We cover everything from the early years, the ins and outs of the NDIS, plus stacks of other topics identified by families.

**When families thrive, children thrive.**

## *Resources*

We offer practical tips, resources and stories, to assist in navigating you through the day-to-day realities of your child's disability, developmental delay or medical needs. Because when you have the right tools, you can parent from a place of confidence and positivity.

## *Support*

We want every family to feel empowered to walk their own beautiful path. And sometimes, that means getting a little guidance from those who've walked there before. Our trained Peer Support Specialists can help you to better navigate the systems, access available supports, link up with other community members.

# Why Peer Support

One of the most important things to realise early on in your journey? No journey needs to be travelled alone. There's so much to gain from the experiences of other families who have walked a similar path before you.

We call this Peer Support. Peer Support is all about connection, respect, understanding, and empowerment between real families walking similar paths. Peer support can look like a drop-in space, a workshop, a one-on-one session, or a thriving online community.

Peer Support programs and platforms – like the ones we have here at Kindred – allow families to give and receive knowledge, support, shoulders to cry on, and communities to celebrate with. No expectations. No judgements. Sounding good? Read on!



## Find a community who get's it

The beginning of any family journey can feel totally overwhelming. Many families report feeling lost and isolated – from their friends, from their family, from their life before their child's diagnosis.

We get it. Because we've been there. And with that unique experience and knowledge, we can help. Even if all you need to do is sit and rest for a while in a safe space (and sometimes that will be exactly what you need), know we've got your back.

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*Feeling connected with other like-minded & supportive other parents who are living similar (never the same) experiences, is empowering and comforting - I no longer feel alone - Thank you Kindred for assisting me to feel engaged & connected. Since becoming a member of the Kindred Community, I have been able to improve my skills as a parent of a child with a disability and strengthen my attitude to be a 'can-do' motivated & confident parent!*

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## Find a sense of belonging

Trust us, feeling supported, accepted and heard by people who speak your lingo is a total gamechanger. Our amazing community of peers can provide that all important sense of belonging and shared experience.

When you're ready, they can help you navigate your own journey and build capacity to parent from a place of acceptance, strength and resilience. They're in your corner the whole way along.

## Benefit from collective knowledge

Collective knowledge is exceptionally powerful. It means we don't have to reinvent the wheel for every decision we make on our journey.

Take Kindred's Facebook and Instagram pages, and Resources which are BRIMMING with practical tips and advice from other families dealing with similar day to day realities you are.

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*I love being able to learn off other parents. I equally, if not slightly more, love being able to help other parents. It feels so good to be connected to a community - to MY community - through Kindred. I've had chat conversations with strangers for an hour who I've helped solve problems with, and vice versa. It's such a crucial network for our well-being as parents and when we feel in control and informed them, we can support our kids to the best of our abilities. Which means a better life for everyone.*

*No, our best life.*

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# Shift your mindset

Finding your tribe – people who share your values – on a Peer Support platform can be super inspiring and motivating. It can give you the confidence to try new things, or reframe experiences with more hope and optimism.

It can also help us create new knowledge and question dominant models of thought.



# Share, laugh and learn

Importantly, Kindred's online community (hosted on Facebook) can be a space for you to unwind and talk about your experiences outside the disability framework. It's a world away from appointments and therapy. It's support for you.

Our My Time Peer Group ran virtually on Monday nights, are a place for parents and caregivers to come together to share, laugh and learn from each other. It is a drop-in, come when you can, leave when you need to kind of thing.

My Time is run by trained and knowledgeable parent peers who understand what it's like to have a child with disability. They also have experience navigating the different services and systems, including NDIS.

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*My experience with Kindred has been AMAZING! When my children were diagnosed it was very much a “what now?” response. All of the therapies targeted them, but I knew that I was a huge part of their life so why wasn't there any help/training/advice for ME? Like if I was able to do MY best then how much better could they be?! Kindred was that for me. Just a place where I realised, I wasn't alone and was able to come to terms with how my life was/had changed and become a better version of me. It has been invaluable to be able to put into practice that I needed to care for myself to care for my children.*

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# Find one-on-one help

Kindred's one-on-one Peer Connect Program unites parents and caregivers just starting out on their journey with those further along the way. It's an entirely free service delivered by our team of Peer Support Specialists that will leave you feeling empowered, confident, and connected.

Our Peer Support Specialists all have lived experience parenting a child with disability, developmental delay or medical needs. We train them to support other families and understand evidence-based and best practice approaches.

Conducted virtually or by phone, a session with a Peer Support Specialist can help you to better navigate the health, childcare and school systems, access available supports, link up with other community members, or simply talk through that worry that kept you up last night.

*(Side note, while a Peer Support Specialist is not a counsellor, therapist or caseworker, they can point you in the right direction to accessing these services.)*



# Learn something new

Through our experience of parenting a child with disability, we develop our knowledge. We've turned that knowledge into a set of rich resources for other families to learn from.

Kindred's Workshops, Webinars and Programs and Resources offer practical tips, strategies and personal perspectives to assist in navigating the day-to-day realities of your child's disability, so you can make informed choices.

There are stories from other families and people with disability sharing their insights and experiences of living a good life.

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# About Us



We not only dream of a world of respect, acceptance, and empowerment for all children and their families. We're creating it.

Kindred (formerly Reframing Disability) is a not-for-profit organisation that supports NSW families of children aged birth to 8 years old with a developmental delay, disability or medical needs.

Established in 2019, Kindred offers a way for families to see a future of possibility for their children. Through resources, education and connection, families build their skills, confidence and knowledge to help their child and family to thrive. Our programs and resources are co-designed with families and are based on evidence and needs.

Kindred is by families, for families.

Everyone who works for Kindred has a child with a disability and are trained to draw upon their lived experience to support other families. We call this Peer Support. It offers unique benefits to families that complement and enhance the support received through therapists, educators and health professionals.

We are guided by a skilled board of directors with lived experience of disability as a parent, sibling or with a disability themselves.

Our purpose is for families with young children with disability to have the support they need early in their journey to create a life that is meaningful and fulfilling to their child and family.

## Guiding Principles

- ◆ We are led by families and value the power of peer support.
- ◆ We believe in a strength-based, evidence-informed approach.
- ◆ We believe in the beauty and capability of each child.
- ◆ We respect and uphold the rights and dignity of all people.
- ◆ We believe all families are capable and have the right of self-determination.
- ◆ We believe in inclusion and promote a sense of belonging.



# Connect *with us*



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Let our experience *guide you.*

