Belongside
Families



Marketing Pack:

ARFID & Restricted Eating: Autism Webinar

Ready-to-use materials to share with families in your network

Belongside *Families*

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Introduction

About Belongside Families

Belongside Families is a family-led not-for-profit organisation. We support parents and carers of children with disability, developmental delay, Autism, rare and genetic conditions.

We provide free programs, so families can feel more confident, informed and supported raising their child.

As part of this we run free webinars throughout the year including a series for families of Autistic children. Each session we welcome an Autistic expert guest speaker to share their professional and lived experience.

About this pack

We've put together ready-to-use materials to make sharing the event with the families in your network easy. You'll find:

- Email and newsletter copy
- Social media copy and tiles
- A printable flyer
- More information

Please use the materials that work best for your organisation and community.

02

Our Autism Webinars

Belongside *Families*

Free autism webinar for

Parents and carers of Autistic children, including those who are exploring or awaiting a diagnosis.

These webinars are open to professionals supporting children and families.

What to expect

Free short online sessions you can join live or watch in your own time.

Webinars feature Autistic guest speakers sharing their professional and lived experience.

Facilitated by

Trained peer facilitators who are also parents raising Autistic children.

Event details

ARFID & Restricted Eating: Autism Webinar with a guest speaker from Whole Body Nutrition

Mon, 23 November 2026
8pm - 9pm AEDT / NSW Time
Online via Zoom

Family feedback from Belongside Webinars

Families who have attended Belongside webinars have reported:

96% improved knowledge & skills

91% better able to navigate systems

96% increased confidence to make informed decisions

93% feel less alone

99.56% would recommend Belongside's events to another family

% of families who strongly agree

Email and newsletter

Suggested email copy

Subject Line: Free Online Autism Webinar | ARFID & Restricted Eating

When eating is hard for your child, mealtimes can be stressful. You may hear people say it's just 'fussy eating', but you know it's more complicated than that.

Join Belongside Families and Margo White from Whole Body Nutrition for a free webinar on Avoidant/Restrictive Food Intake Disorder (ARFID). Margo will talk about what can make eating difficult for your child and share ways to support them without adding more pressure.

📅 Mon, 23 Nov 2026
⏰ 8pm – 9pm (NSW Time)
🎥 Register to attend live or receive the recording: **bit.ly/BF-ARFID-T426-CE**

We'll discuss:

- What ARFID is and how it differs from fussy eating
- Practical ways to support your child at mealtimes
- Who can assess and diagnose ARFID
- Where to find reliable information, resources and professional support

Banner image



Download email banner

Social media

Facebook / LinkedIn



Download Square 1:1 - 1080px 1080px

Facebook and LinkedIn Recommended size

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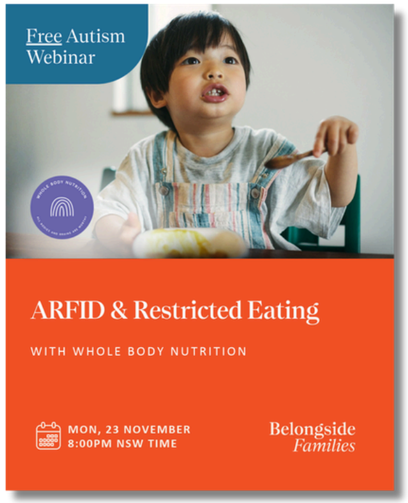
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Please tag @belongsidefamilies

Instagram



Download 4:5 - 1080x1350px

Instagram Recommended size

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🔗 Register via Linkin.Bio

Please tag @belongsidefamilies
Please add bit.ly/BF-ARFID-T426-CE to Linkin.bio

Flyer

A4 hand out or A3 poster



Download Flyer

More information

Questions or need another format?

If you have any questions or require promotional materials in another format, please contact:

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