



GLADY AND CO INSPIRE CONNECTION TO COUNTRY 18TH APRIL

Your Goals. Your Connection. Your Inspire Experience.

Join us for Connection to Country, a one-day, participant-focused program guided by an Indigenous Elder. This culturally grounded experience supports your NDIS goals through meaningful workshops, shared stories, hands-on activities, and opportunities to deepen your understanding of Aboriginal culture and connection to land.

Program Highlights

- Workshops & cultural learning
- Introduction to cultural practices, stories & traditional knowledge
- Gentle outdoor activities & time on Country (location-appropriate)
- Hands-on creative & reflective activities
- Opportunities for community connection & shared experiences

Skills You'll Build

- Cultural awareness & understanding
- Social & communication skills
- Increased confidence in group & community settings
- Personal reflection & emotional wellbeing
- Respectful engagement & listening skills
- Independent decision-making & participation in structured programs

Why Join?

Experience a meaningful and enriching one-day program that invites you to learn from an Indigenous Elder, explore cultural perspectives, and strengthen your connection to community and Country. Discover new skills, deepen personal insight, and enjoy a supportive environment where your goals and growth guide the day. Every activity is designed to build confidence, cultural understanding, and a sense of belonging.



For more information, visit our events tab on our website: www.gladysandco.com.au, call 1300 866 474, or email: inspire@gladyandco.com.au

