

# Why Connections Matter

Making friends and meeting new people can be challenging. Many adults with disabilities experience social isolation and limited opportunities to build meaningful relationships.

Wallara Connections is designed to create genuine opportunities for friendship, confidence building, and community participation through shared experiences and supported learning.

# What Will You Learn?

Over 24 weeks, participants will develop practical skills that support meaningful social connections and greater confidence.



**Wallara**  
**CONNECTIONS**

# How Will You Learn?

- Meet new people in a safe and welcoming environment
- Build confidence in social situations
- Develop communication and relationship skills
- Increase independence and community involvement
- Enjoy engaging activities and shared meals
- Practice new skills in real-life settings



# Wallara CONNECTIONS

is for:

- Adults with disabilities
- Existing Wallara clients
- Participants with NDIS funding for Social and Community Participation
- Individuals accessing a 1:4 support ratio
- People wanting to develop friendships and social confidence

## Interested?



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# Wallara CONNECTIONS

Building Confidence, Friendships  
and Community

Saturdays program  
1:4 Support ratio