



“Just knowing that other parents had experienced what we were going through really helped me feel not so alone and gave me hope.”

Helping You and Your Family

Information, support and advocacy for parents of children with a disability in Victoria

Helping You and Your Family is an easy-to-read 16-page information booklet for families of children with any type of disability or developmental delay. With a focus on the needs of families in the early years, topics include:

- Diagnosis
- Family and friends
- Siblings
- Looking after yourself
- Your support network
- Children with autism
- Working together with professionals.

A list of phone numbers and websites is included at the back for easy reference.

Publication	Quantity
Helping You and Your Family (English)	

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