

## April 2026 Newsletter

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From Stronger Together Foundation <info@stf.org.au>

Date Fri 17/04/2026 10:01

To Narelle Peart <narellep@stf.org.au>



*April*  
NEWSLETTER



*A message from Ellen*



As we come to the end of the school holiday period, we hope families have had the opportunity to rest, reset and enjoy some time together over the Easter break.

It's been a busy and rewarding start to the year, with our School Options Workshop and Professional Development sessions both delivering strong engagement from families and professionals. Our school holiday programs have also been in full swing, with Create, Play, Explore sessions running

across both Stronger Together Foundation and St Gabriel's School.

We're now looking ahead to Term 2, with group programs resuming next week and plenty more opportunities to connect across our community, including our upcoming Annual Charity Golf Day.

Thank you for being part of the Stronger Together Foundation community. Your ongoing support helps us continue creating inclusive, supportive spaces for children and families.

— **Ellen Kulbicki, CEO**

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## Recent Events

### **Professional Development Workshop with Neurowild**

In March, we delivered our online workshop *Reframing Our Role as Allied Health Professionals* with Em Hammond (NeuroWild).

The session explored neuroaffirming practice, with a focus on wellbeing, mental health and rethinking traditional therapy goals.

The workshop was exceptionally well received, with one attendee sharing, *"this workshop was just exactly what I needed to validate my thinking about therapy goals."*

### **School Options Workshop**



Also in March, we held our 2nd Annual School Options Workshop. This year, we expanded the event to include high school pathways and welcomed eight schools, including the Department of Education.

Designed to support families navigating school choices for children with additional needs, the workshop brought together a range of options in one place, offering practical insights, connection and the opportunity to ask questions directly. [Read more](#)

### **Professional Development Workshops – Program Update**

**Upcoming Events**  
Our Professional Development Workshop program continues to create meaningful learning opportunities for professionals supporting neurodivergent children and families, with a strong focus on neuroaffirming, practical approaches.

Our next workshop is Supporting PDA Workshop with Sarah Lovett offering a deeper understanding of Pathological Demand Avoidance (PDA) and

practical strategies to better support children through connection, reduced anxiety and responsive environments. The workshop is suitable for professionals, educators and parents and carers seeking practical, supportive guidance.

👉 View the [full calendar](#) and [register online](#)

**PROFESSIONAL DEVELOPMENT WORKSHOP**

**SUPPORTING PDA: A 2 PART WORKSHOP**

**Sarah Lovett**  
Presenter

**Monday 11<sup>th</sup> May**  
**Monday 25<sup>th</sup> May**

[Click for tickets and more info](#)

## Charity Golf Day – Less than 4 weeks to go!

Our Annual Charity Golf Day is just around the corner, and it's shaping up to be another fantastic day.

We're thrilled to once again have Guardian Realty on board as our Major Sponsor for the ninth consecutive year. Their continued support plays such an important role in bringing this event to life.

We're now almost at capacity, with the majority of team spots filled and only a handful of hole sponsorship opportunities remaining.

We can't wait to see everyone at Lynwood Golf & Country Club on Friday 8 May.

👉 [Register your team](#) or secure your [sponsorship](#)





After much consideration we have made the decision to pause our Annual Stronger Together Conference for this year and resume as a **bi-annual event** in **2027**.

In the meantime, we look forward to connecting with you through our family events across the year, including our inclusive Inflatable World event in the July and October holidays.



Wondering if your child's speech is developing as expected?  
**Is my child's speech on track?**

This practical guide breaks down what to look for and when to seek support, so you can feel confident you're on the right track.

👉 Read the guide on our [website](#)

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## 2026 Group Programs - Limited Places!

### Term 2 Group Programs

We're looking forward to welcoming children back for Term 2, with groups resuming next week.

We are currently have limited vacancies in some of our groups and are taking expressions of interets for:

- Cub Club
- School Ready Kidz
- Kidz Club

If you'd like to learn more or register your interest, we'd love to hear from you. [Contact us.](#)

The image displays three vertical promotional cards for 2026 group programs. Each card features a title, target audience, description, and a list of learning objectives. The cards are: 1. School Ready Kidz (blue background), for children starting Kindergarten in 2027, focusing on independence and social readiness. 2. Kidz Club (teal background), for children in Kindy to Year 4 in 2026, focusing on building friendships and communication skills. 3. Cub Club Playgroup (purple background), for children 6 months to 4 years old, focusing on social play and communication skills. Each card includes a 'Learn More' button and a circular inset image showing children and therapists interacting.

### School Ready Kidz

For children starting Kindergarten in 2027

A structured, therapist-supported program that helps children build independence, confidence, classroom skills, and social readiness.

**Children will learn.**

- ✓ Wearing and managing school uniform
- ✓ Following routines & transitions
- ✓ Working independently and in groups
- ✓ Following teacher instructions
- ✓ Managing belongings & table tasks
- ✓ Social participation and confidence

[Learn More](#)

### Kidz Club

For children in Kindy to Year 4 in 2026

Kidz Club is a small, supported group program where children build confidence, friendships and skills through fun, inclusive activities led by experienced therapists.

**Children will.**

- ✓ Build friendships and practise positive peer interactions
- ✓ Develop communication skills
- ✓ Strengthen emotional regulation and coping strategies
- ✓ Participate confidently in group activities and play
- ✓ Practise listening, sharing and cooperative play

[Learn More](#)

### Cub Club Playgroup

Children 6months to 4 years old

A therapist-supported playgroup where parents and young children learn, play and connect together.

**Children will.**

- ✓ Participate in group routines
- ✓ Engage in social play
- ✓ Build early communication skills
- ✓ Explore play in a safe setting
- ✓ Play in a calm, safe and nurturing environment

**Parents will.**

- ✓ Learn practical support strategies
- ✓ Build confidence and understanding
- ✓ Connect with other parents

[Learn More](#)

## 2026 Group Programs

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JOIN OUR TEAM

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## In our Community



### **Free workshops for mothers of children with disability**

Healthy Mothers Healthy Families is a free, evidence-based program designed especially for mothers raising a child with disability. Developed by Professor Helen Bourke-Taylor from Monash University and delivered by

Belongside Families, these workshops give mothers space to focus on their own wellbeing while balancing the needs of their child and family.

📅 Starting Mon, 4 May 2026, 7:30pm (NSW Time)

💻 Online via Zoom

🔗 [Register here](#)



Our friends at Pennant Hills Junior AFL are kicking off their Kickability program again, creating a fun, inclusive space for kids of all abilities to get involved.

Join them from this Sunday, 19 April. Newcomers are always welcome, so feel free to come along, meet the team and see what it's all about.

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A Guardian Realty advertisement featuring a large, white, two-story house with a prominent porch and columns, set against a dark, teal background. The house is surrounded by trees and a lawn. The Guardian logo is in the top left corner. The text reads: "With property prices on the rise... are you curious what your home might be worth?", "Contact the team at Guardian Realty today for a free up to date opinion on the value of your home.", "Phone: 02 9651 1666", and "Email: info@guardianrealty.com.au".

🔑 guardian

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