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## **Beyond Celebration: Taking Action for Neurodivergent Belonging**

*Neurodiversity Celebration Week March 17 - 23*



Neurodiversity Celebration Week highlights awareness, but true inclusion and belonging requires action every day. While many organisations show support through social media posts and tokenistic gestures, real change happens when commitment extends beyond a single week.

Neurodivergent people deserve more than recognition, we need:  
Schools that embrace diverse learning instead of enforcing conformity.  
Workplaces that prioritize adjustments, not just awareness.  
Policies that empower and provide autonomy rather than restrict.  
Systems like the NDIS securing vital supports instead of forcing people to fight just to survive.

Neurodiversity isn't a trend or a marketing tool; it's a fundamental part of human diversity. Progress comes from systemic change, not just sanctimonious celebrations and dates that come and go.

How will GRANN be contributing this year? We will be advocating, challenging barriers, and exploring ways to create more inclusive and affirming spaces. Real impact happens when we go #BeyondAwareness.

*#Neurodiversity #RealChangeMatters #InclusionNow  
#Belonging*

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[GRANN Introduction to Neurodiversity Document - Cont'd](#) (Opens in Canva)

[GRANN Introduction to Neurodiversity Slides - Cont'd](#) (Opens in Canva)

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## **Kindness & Boundaries**

*A Neuro-Affirming Perspective*

*You can be a kind person & still:*



*Prioritise your needs*      *Disagree with people*  
*Stand up for yourself*      *Not be liked*  
*Be honest*      *Say no*  
*Set boundaries*      *Make mistakes*  
*Protect your time & space*      *Challenge poor behaviour*

 *Walk away from toxic environments.*

In a world that often equates kindness with compliance, it's important to remember: kindness includes honouring your own needs. As Neurodivergent individuals, we may face unique challenges in setting boundaries, advocating for ourselves, and navigating social expectations. But kindness is not about masking or people-pleasing - it's about respect, authenticity, and balance.

**You can be a kind person and still:**

Prioritize your needs.

Disagree with people.

Not be liked.

**Be honest and straightforward.**

Set and enforce boundaries.

Say no without guilt.

Make mistakes.

Stand up for yourself.

Protect your time & space.

Challenge poor behaviour.

Walk away from toxic environments.

Being kind doesn't mean sacrificing your well-being. It means honouring yourself while respecting others. Let's continue to redefine kindness in a way that supports Neurodivergent authenticity and empowerment.

*What are some ways you practice self-kindness while maintaining boundaries?*

*We'd love to hear from you!*

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## **Join Parent 2 Parent**

Join P2P on Tuesday, March 18th (*tomorrow*), from 12:00 PM to 2:30 PM, as they welcome Ariana from Kameleon Group as their guest speaker. Ariana works in the behaviour supports space, and this session promises to be insightful and informative.

For more details and future session dates, please refer to the flyer below or reach out via email at [brigitte@p2pqld.org.au](mailto:brigitte@p2pqld.org.au).

# PARENT MEETING

GLADSTONE

MY TIME

- ✓ My Time is FREE to attend
- ✓ Parents with young children (0-5) are welcome!  
A childminder will be available for support.

## Need support and connection?

Join My Time—a free support group for parents and carers of children (18 & under) with additional needs, learning delays, or disabilities.

Connect with others who understand, share experiences, hear from guest speakers, and learn together.



-  Tuesday 12:00-2:30pm
-  Nutchee Building, Philip street  
Precinct



R.S.V.P and more information, email [brigitte@p2pqld.org.au](mailto:brigitte@p2pqld.org.au)

You and your child are invited to participate in a research project about

**THE PERCEPTIONS OF AUSTRALIAN CHILDREN AND THEIR CAREGIVERS ON THEIR EXPERIENCES OF 'SCHOOL CAN'T'.**

**Do you have a child (8-12yrs) who has experienced school can't within the past 2-3 years?**

**Did your child have an attendance rate of 80% or less during a school year?**

Contact the researcher



**Why participate?**

- Provide insight into the lived experience of school can't
- Bring awareness to the barriers and supports for those experiencing school can't

✉ Aimee Thomas [u1146065@uemail.usq.edu.au](mailto:u1146065@uemail.usq.edu.au)

Ethics has been granted by the University of Southern Queensland - ETH2024-0872

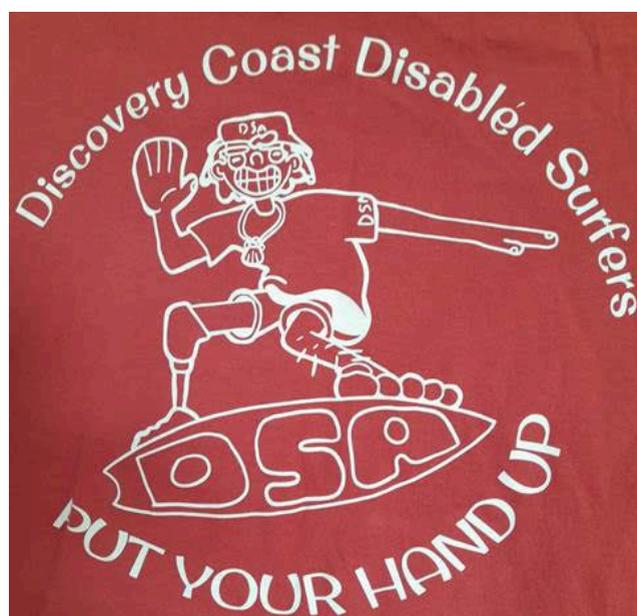


**The University of Southern Queensland are looking for participants.**

You and your child are invited to participate in a research project about the perceptions of Australian children and their caregivers on their experiences of 'school can't'.

Contact Aimee Thomas: [u1146065@uemail.usq.edu.au](mailto:u1146065@uemail.usq.edu.au)

## LOOKING AHEAD TO APRIL



**DISCOVERY COAST DISABLED SURFERS**

APRIL 5TH 2025

Volunteers: 8am “ We Need You”  
Participants: 9am “ All welcome “

*You will need your swimmers & a hat.  
Discovery Coast will supply sunscreen, rash vests & water.*

IF YOU HAVE A FEW HOURS ON SATURDAY MORNING COME  
VOLUNTEER & HELP PUT “ SMILES ON DIALS “

AGNES WATER SIGN ON AT TOM JEFFERY MEMORIAL PARK

*DISCOVERY COAST DISABLED SURFERS FACILTATE A FREE - SAFE,  
NURTURING OPEN WATER / SURF EXPERIENCE FOR DISABLED  
COMMUNITY MEMBERS FROM FRASER COAST TO ROCKHAMPTON*

**BBQ LUNCH PROVIDED FOR ALL ATTENDING.**

Discovery Coast Disabled Surfers.  
Contact Daffy: [041 487 6874](tel:0414876874).  
[daffyshortnsport@gmail.com](mailto:daffyshortnsport@gmail.com)



## ***Website in Progress!***

We're working on creating our website to house all GRANN's resources in one accessible place. This will be a hub for information, support, and community connections.

**Gladstone Region Autistic & Neurodivergent Network Inc.**

[enquiries.grann@gmail.com](mailto:enquiries.grann@gmail.com)

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