

**FREE!**  
for families

# disability connect.

## Parent Support Group March 2025



# Move and Dance with Bex!



Wednesday 12th March



6pm to 8pm



Mt Richmond Specialist School, 30 Albion Road, Ōtāhuhu

**All abilities,**



**all ages welcome!**

Explore the joy and benefits of creative movement and dance with Dance Movement Therapist Bex!  
No dance experience needed.

Bex has over 12 years experience working in the disability sector. She has worked with people of all abilities ages 5-50!

Utilising Dance Movement Therapy, Bex has supported young and not so young, to build skills, find joy and improve relationships with self and others.

A great opportunity to find out what's available in Auckland, ask some questions, learn some skills or cool moves.



Dance and movement has many benefits for everyBody including:

- improved mood
- better coordination
- connection with others
- creative ways of self-expression
- no need for words to communicate



**Registration is essential:**  [admin@disabilityconnect.org.nz](mailto:admin@disabilityconnect.org.nz)

- Free event for parents, families, and whanau
- A charge of \$50.00 pp will apply for any disability sector professionals attending



**09-636 0351**