



Rare Disease Disability Virtual Kitchen Table Peer Support Sessions

Coping with change and transitions

Wednesday, 5 August 2026

Online (Zoom)

12pm - 1pm (AEST): for people living
with rare disease disability

8pm - 9pm (AEST): for rare caregivers



Register at RVA's website: bit.ly/vkt-rva

A **safe and welcoming space** for people living with rare disease disability to **connect, share experiences, and support one another.**

Why join this session?

- Connect with people who understand.
- Share and hear real world experiences and tips.
- Feel a stronger sense of belonging.



Who will run this session?

This session is facilitated by **Rare Voices Australia** in partnership with RVA Partner, **Myasthenia Alliance Australia.**

These sessions are funded by the Australian Government through the Peer Support and Capacity Building grant for the National Disability Insurance Scheme (NDIS).