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# LGBTQIA+ Service

*A safe, inclusive space for NDIS Consumers to access Integrative Healthcare*



*With Pride*

Inclusive Integrated Healthcare

In clinic & online services



**Capacity Building - Improved Daily Living**  
**Capacity Building - Improved Health and Wellbeing**  
**Core Supports - Assistance with Daily Life**

[www.withpride.com.au](http://www.withpride.com.au)

Ph: 0432628921

E: [support@withpride.com.au](mailto:support@withpride.com.au)

We are proud to now be offering Self-managed & Plan Managed NDIS Consumers, in particular those that identify as part of the LGBTQIA+ Community access to:  
Dietary Planning, Exercise Physiology, Personal Training & Individual Counselling.

**Dietary planning** can be utilised by a consumer for many different reasons, these include but are not limited to; overall health, dietary education, weight loss, chronic or acute physical, mental or emotional health conditions, address and reduce side effects of medications, pain management, stress, anxiety, depression, the list goes on. Using this hand in hand with **Exercise Physiology** or **Personal Training** can see a consumer's quality of life dramatically improve and therefore assist in achieving an array of other goals that a consumer may have within their NDIS Plan.

Individual **Counselling** is not limited to when a consumer needs to work through a specific concern such as trauma, relationships, stress etc, we welcome consumers to engage in our service to begin empowering personal growth so that they may thrive.

Our **Occupational Therapists & Exercise Physiologist** can assist with **Functional Assessments**, this is designed to support a consumer to identify their needs for therapy, training and other supports, including assistive technology to make recommendation in a report for future engagement of services.