



HEAR ME OUT: FINDING YOUR VOICE THROUGH DEBATE

WHAT IS HEAR ME OUT?

Hear Me Out is a free program from DSIDQ for young people aged 12–17 and adults 18+ with intellectual disability. It uses fun and structured debating activities to build confidence, communication skills, critical thinking, and self-advocacy.

The program is practical, interactive, and co-designed with people with intellectual disability to make it accessible and engaging. Participants learn through group activities, partner work, and supported practice with DSIDQ staff and Peer Mentors.

UPCOMING PROGRAMS

- 📍 **Townsville** – 3 Day Workshop, 9am - 3pm, 17 – 19 June
- 📍 **Cairns** – 3 Day Workshop, 9am - 3pm, 22 – 24 July
- 📍 **Springfield** – 6 Week Course, 9am - 3pm, 28 July – 1 September
- 📍 **Online** – 6 Week Course, 10am - 11:30am, 13 August – 17 September
- 📍 **Ascot** – Teen 3 Day Workshop, 9am - 3pm, 29 September – 1 October
- 📍 **Hervey Bay** – 3 Day Workshop, 9am - 3pm, 14 – 16 October
- 📍 **Ascot** – 6 Week Course, 9am - 3pm, - 20 October – 24 November
- 📍 **Sunshine Coast** – 3 Day Workshop, 9am - 3pm - 18 – 20 November

Please note: Places are limited. Programs will only proceed if minimum numbers are met. We hope to see you there!



To register your interest,
scan the QR code or email
office@dsidq.org.au