

EXPRESSIONS OF INTEREST DAY PROGRAMS

Come along,
learn new skills,
build confidence
and connect
with others!
♥

We're inviting expressions of interest for our Day Programs!

Our programs are designed to support independence, wellbeing, creativity and social connection in a fun, safe and inclusive environment.

MONDAY

Independent Living Club

- Cooking
- Cleaning
- Grocery lists
- Grow your own veggies



Build life skills
for a brighter tomorrow! ♥

TUESDAY

Social Club

- Travel Training
- Community Outing (Cafes, Movies, Library, City)
- Money Handling



Explore your community
and make new connections! ♥

WEDNESDAY

Wellbeing Club

- Yoga
- Face masks
- Nails
- Hygiene workshops



Feel good inside and out! ♥

THURSDAY

Creative Club

- Art and Craft
- Music / Dancing
- Board games
- Knitting
- Literacy and Numeracy



Get creative
and try new things! ♥

FRIDAY

Movie Club

- Movie Screening
- Create posters about movie, act out favourite scene, movie discussion.



Lights, camera, fun! ♥

SATURDAY

Explorers Club

- Enjoying new experiences and explore the local community with other participants.



New places, new experiences,
new friends! ♥

**REGISTER YOUR
INTEREST TODAY!**

Let's build a more inclusive
community, together. ♥

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People
Support
Community
Possibilities ♥



Inclusive People



Stronger Communities



Brighter Futures



Together for
a more inclusive tomorrow.