

Day Program Weekly Planner

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Cooking Class 10am-1:30pm</p> <p>Learn essential kitchen skills like chopping, following recipes, creating shopping lists, and enjoying the joy of making homemade meals.</p> <p>Art Class 1:30pm-4:30pm</p> <p>Explore your creativity through painting, drawing, and other artistic techniques in a fun and supportive environment.</p>	<p>Barista Class 10am-1:30pm</p> <p>Learn coffee-making skills, including brewing techniques, machine handling, and creating latte art, in a hands-on barista class.</p> <p>Cooking Class 1:30pm-4:30pm</p> <p>Learn essential kitchen skills like chopping, following recipes, creating shopping lists, and enjoying the joy of making homemade meals.</p>	<p>Cooking Class 10am-1pm</p> <p>Creative workshop 10am-1pm</p> <p>Explore your creativity through hands-on projects like crafts, art, and DIY creations in a fun, supportive space.</p> <p>Pathway to Wellness 1pm-4pm</p> <p>Pathway to Wellness offers yoga, meditation, and self-exploration to nurture balance and inner peace.</p>	<p>Psychosocial Skills 11am-2pm</p> <p>Build confidence, improve communication, and develop life skills in a supportive environment through our Psychosocial Skills Program</p> <p>*Yay to Friday 3pm-6pm</p> <p>Enjoy fun social outings every Friday, with a different activity each week to connect, explore, and have a great time</p>	<p>Yay to Saturday 1pm-4pm</p> <p>Connect with others, make new friends, and explore exciting activities every Saturday, designed to inspire socialising and outdoor adventures</p>

*Yay to Friday may include out-of-pocket fees. All other programs are billed through the NDIS plan.

WE HAVE EXPERIENCED, TRAINED, AND QUALIFIED SUPPORT WORKERS READY TO ASSIST YOU. FOR BOOKINGS OR MORE INFORMATION, PLEASE CONTACT US AT:

