

Day Program Weekly Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Cooking Class
10am-1:30pm

Learn essential kitchen skills like chopping, following recipes, creating shopping lists, and enjoying the joy of making homemade meals.

Art Class
1:30pm-4:30pm

Explore your creativity through painting, drawing, and other artistic techniques in a fun and supportive environment.

Barista Class
10am-1:30pm

Learn coffee-making skills, including brewing techniques, machine handling, and creating latte art, in a hands-on barista class.

Cooking Class
1:30pm-4:30pm

Learn essential kitchen skills like chopping, following recipes, creating shopping lists, and enjoying the joy of making homemade meals.

Cooking Class
10am-1pm

Creative workshop
10am-1pm
Explore your creativity through hands-on projects like crafts, art, and DIY creations in a fun, supportive space.

Pathway to Wellness
1pm-4pm

Pathway to Wellness offers yoga, meditation, and self-exploration to nurture balance and inner peace.

Psychosocial Skills
11am-2pm

Build confidence, improve communication, and develop life skills in a supportive environment through our Psychosocial Skills Program

***Yay to Friday**
2pm-6pm

Enjoy fun social outings every Friday, with a different activity each week to connect, explore, and have a great time

Yay to Saturday
12pm-3pm

Connect with others, make new friends, and explore exciting activities every Saturday, designed to inspire socialising and outdoor adventures

*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: