



**LEARN
4
LIFE**

Small groups...

**BIG
OUTCOMES**

Build **SKILLS** and **CONFIDENCE**

Become more **INDEPENDENT**

Develop peer **NETWORKS**

Form **COMMUNITY** contacts

Take on new **CHALLENGES**

REGISTER

NOW

PH: 4921 6383

Great for those who are leaving school, want to get a job, move out of home or would like to lead a more independent life at home and in the community.

Programs are designed with you to meet your goals and are delivered at a pace that optimises your learning.

These programs are suitable for people who can be supported in a small group activity with the ratio 1:4. If you require more support, please call us to discuss.

Some of the programs may incur extra costs such as travel, food and materials.

All Learn 4 Life sessions will be charged under NDIS line item:
Group Based Activities in a Centre - Ratio 1:3 - Standard - Weekday Daytime

Price Per Hour: \$22.05

LITERACY

Improve your reading and writing skills to use in everyday life to read and understand important letters and emails, look at websites or read stories for enjoyment.

THURSDAY 9:00am - 12:30pm

SHOPPING AND COOKING

Learn the fundamentals of planning, menus, budgeting for meals, cooking, safe food handling and kitchen safety. Practice healthy recipes you can make for one or a few.

MONDAY 9:00am - 4:30pm

TUESDAY 9:00am - 4:30pm

FRIDAY 9:00am - 4:30pm

INFORMATION TECHNOLOGY

Be safe and creative online. In this program, participants learn about online safety, cyberbullying, editing photographs, creating slideshows, online social media and Skype.

WEDNESDAY 1:00pm - 4:30pm

LEISURE AND RECREATION

Find out what the community has to offer that is accessible, meets your interests and your budget. Build social networks through group participation, developing negotiation skills and making choices.

FRIDAY 9:00am - 12:30pm

TRAVEL TRAINING

Connect with your community. Learn to catch public transport to significant community places such as shopping centres, library, bank, police station, heritage village, TAFE, etc.

WEDNESDAY 9:00am - 12:30pm

FRIDAY 1:00pm - 4:30pm

MONEY MANAGEMENT

Designed to help you understand the concept of money and manage your money in everyday life. Includes understanding the values of money, adding and taking away money using a calculator, and putting your knowledge into practice in the community.

MONDAY 1:00pm - 4:30pm

THURSDAY 9:00am - 12:30pm

THURSDAY 1:00pm - 4:30pm

FULL STEM AHEAD

Learn about Science, Technology, Engineering and Mathematics (STEM) through interactive and safe experiments, observations and excursions.

TUESDAY 9:00am - 12:30pm

WORK READINESS

Designed to prepare you for sustainable work opportunities in the community. Includes personal presentation in the workplace, communication skills, team-work, problem solving, time management, work health and safety, resumes and interview preparation

WEDNESDAY 9:00am - 12:30pm