

www.homesupport.org.au

**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.

**HOME
SUPPORT
ASSOCIATION**



19 Cavell Street, Wandal
72 Queen Street, Yeppoon
hsa@homesupport.org.au

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

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.

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.

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.

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.

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.

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.

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

Phase 1 - 12 week program.

Phase 2 - optional

COOKING ESSENTIALS

This is a half day program which combines a focus on safety, hygiene, cooking, nutrition and food investigation.