



Living Skills Program

Our 12-week Living skills programs is an individualised program that supports the development of greater independence and improved everyday life skills.

The topics are guided by the participant to build your capacity and confidence in the areas such as;

- » Cooking programs
- » Manage household tasks
- » Budgeting
- » Shopping trips
- » Menu planning
- » Social skill development
- » Regular community outings
- » Participating in community fun events



For further details please contact the Learning Team:

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