



Skills for Life Program

Our Skills for Life 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
- Managing household tasks
- Budgeting
- Shopping trips
- Menu planning
- Social skill development
- Participating in community events

For further details please contact the Learning Team: (02) 4474 3336