



Social and Community Participation

Looking for fun, connection, and new experiences?

Our Centre-Based Group Social & Community Programs are designed to meet your needs and interests, support independence, creativity, and wellbeing – all while building friendships and confidence.



Express Yourself

'Self-expression through creativity'

- Painting, pottery, craft (diamond art, tie dye, headband making)
- Photography
- Writing projects
- Music therapy



Wild & Green

'Connect with the outdoors'

- Gardening (inc Community Gardens)
- Fishing
- Sensory nature walks
- Animals & Zoo excursions



Feel Good Vibes

'Healthy habits and wellbeing'

- Swimming
- Sports and recreation (yoga, golf, bowling)
- Pamper and self-care
- Relationship building skills



Ready for Life

'Skills for building independence and confidence'

- Volunteering opportunities
- Cooking and household management
- Money management
- Public transport training



When

Monday to Friday, 9am - 3pm or weekends.
Program hours can be flexible to suit your needs.



Where

Edwardstown and surrounding community locations with flexibility for other south/western locations.



Cost

Supports funded through your NDIS Plan – CORE budget (Social and Community Participation)
Personal contribution for resources and excursions, fees as required.

Minimum group numbers are required for some programs to run.

**Get in touch to
book your place**



Telephone us on
8132 5400



Email us at
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