

Creative Expression



PHOTOGRAPHY

Capture your creativity, your way

Dive into flexible, guided sessions that encourage creativity, build confidence, and help you tell your story through images.



COOKING

Flavour your future with confidence

Explore cooking through flexible and guided sessions that build everyday skills, boost confidence, and support independence.



STREET ART

Make your mark on the world

Unleash your creativity through flexible and guided street art sessions that inspire expression, build confidence, and brighten community spaces.



THRIFTY CREATIONS

Repurpose, reinvent, and create

Turn everyday items into something new through flexible, tailored experiences that spark creativity and encourage resourceful thinking.

Life & Skill Building



TRAVEL TRAINING

Confident, capable, on the move

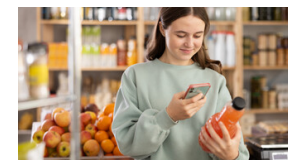
Learn how to plan trips, read timetables, and catch trains, buses, and ferries safely with support through real-world travel experiences.



LICENCE TO LEARN

Get confident behind the wheel

Get support to prepare for your L's, connect with local driving lesson providers, and build the skills and confidence you need to work towards your P's at your own pace.



LIFE SKILLS & BUDGETING

Build confidence for everyday life

Learn how to manage money, clean, shop smart, and build routines through flexible, hands-on support that builds confidence in daily life.

Social Meet Ups



CATCH UP COLLECTIVE

Your space to socialise and connect

Hang out with other young people and your support worker for movies, mini golf, lunch or just a chill catch-up. It's youth-led, flexible and all about what feels right for you. Book now via the QR code.



THURSPAY

Unwind, connect, and make it yours

Head to our Wyoming or Wyong centre from 5:00 to 7:00pm with your support worker for Thursday arvo with music, pool, movies, games and good vibes. It's your space to hang. Booking is essential via the QR code.



BOOK IN NOW

Use the QR code to explore our flexible 1:1 Abilities activities and see what's on offer



Regional Youth Support Services Inc.

4323 2374

reachout@ryss.com.au

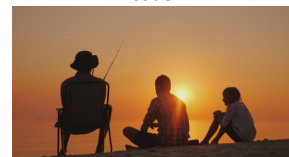
RYSS Abilities

46 Alison Road,
Wyong NSW 2259

9 Warrawilla Rd,
Wyoming NSW
2250

www.ryss.com.au

Movement & Recreation



GONE FISHING

Cast a line, kick back, and enjoy the quiet

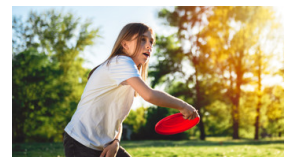
Head out with your support worker for a relaxed day by the water. Cast a line, enjoy the fresh air and take a break. It's flexible 1:1 community support, your way.



LOCAL LOOPS

Move your body and clear your head

Head out with your support worker for a walk through your local area. Think beach tracks, bush trails or quiet streets. It's relaxed 1:1 support that builds routine, connection.



KICK BACK & PLAY

Ball games without the pressure

Head to a local oval or court with your support worker for a kick, a few hoops or a frisbee throw. We bring the gear. It's all about movement, connection and enjoying the moment.

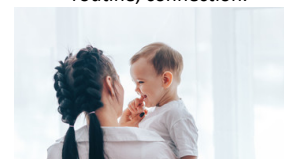
Out & About



POKÉMON PATROL

Explore, level up and catch 'em all

Team up with your support worker and hit the streets to hunt for Pokémon. Check out local parks, landmarks and hotspots while getting your steps in. It's fun, active 1:1 support with a side of adventure.



PARENTING WITH PURPOSE

Practical support for young mums navigating parenting

Work with your support worker to build confidence around parenting, daily routines, attending appointments and connecting to the right services. Whether you're expecting or already parenting, this support is all about walking beside you as you find your feet.



SOCIAL CONNECTIONS

Get out, build confidence and enjoy your time

Movies, gym, karaoke, mini golf, it's your choice. Social Connections is 1:1 community-based support where you decide how to spend your time out and about, doing what feels right for you.

