

MONDAYS

Starting
Monday
6th May



HEALTHY HABITS 3:30 - 5:30pm

Healthy Habits focusses on healthy food, good sleep, healthy body & healthy mind, and it's all about thriving

RYSS Wyong



TUESDAYS

Starting
Tuesday
7th May



THE SOCIALITES 10:30 - 1:30pm

Join The Socialites to get out and about in the community with like-minded people visiting some exciting venues and attractions.

Community Based



DUNGEONS & DRAGONS 3:30pm - 5:30pm

12 - 17 years
Bring your creative mind and your best story line to help us create a social game we can get 'lost' in a role-playing adventure!

RYSS Wyong



DUNGEONS & DRAGONS 5:30 - 7:30 pm (18+)

Bring your creative mind and your best story line to help us create a social game we can get 'lost' in a role-playing adventure!

RYSS Wyong

WYONG CENTRE

46 ALISON ROAD,
WYONG NSW 2259

WEDNESDAYS

Starting
Wednesday
8th May



THRIFTY CREATIONS 12:30 - 2:30pm

Join us in transforming second-hand thrift shop finds into fashionable or up-cycled pieces. We will explore thrift shops for treasures and get our craft on with like-minded peers

Wyong & Community Based



PHOTOGRAPHY 3:00 - 5:30pm

Join us in a journey of creativity through photography! Our program fosters self-expression, confidence, and practical skills.

Community Based

RYSS ABILITIES

RYSS Abilities Group Programs are 8-week social engagement and living skills based programs open to young people aged 12 - 25, who are eligible for NDIS funding in a range of core and capacity building areas.

ENROL TODAY!

Scan the QR Code for more information or to enrol in any of our Abilities Groups



Regional Youth Support Services Inc.
4323 2374
reachout@ryss.com.au

RYSS Abilities Wyong Centre
46 Alison Road,
Wyong NSW 2259

www.ryss.com.au

THURSDAYS

Starting
Thursday
9th May



WORK READINESS 12:00pm - 2:00pm

Work Readiness is a weekly program to help young people develop skills to get ready for the workforce.

RYSS Wyong



GENERATION QA 15+ 3.30pm - 5.30pm

Join our empowering program for SGD youth where you will be provided with support, workshops, and community connection

RYSS Wyong

FRIDAYS

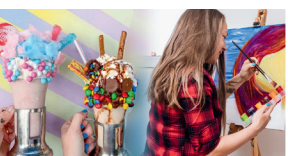
Starting
Friday
10th May



THE SOCIALITES 3:00 - 5:30pm

Join The Socialites to get out and about in the community with like-minded people visiting some exciting venues and attractions.

Community Based



SHAKE & CREATE 3:30 - 5:30pm

Get creative making crazy shakes for our afternoon tea and carry the inspiration through to explore lots of creative art and craft projects.

RYSS Wyong