

# **BILITIES WYONG GROUP PROGRAMS TERM 4 - 2024**

## **MONDAYS**

**Starting Monday** 21st October



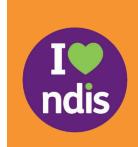
#### **SHAKE & CREATE**

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







# **TUESDAYS**

**Starting Tuesday** 22nd October



#### 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**



# WEDNESDAYS

**Starting** Wednesday 23rd October

**THURSDAYS** 

**Starting** 

**Thursday** 

24th October



#### **COOKING**

12:00 - 2:00pm

Have fun learning basic cooking skills in a vintage homestyle kitchen with a small group under the guided support of our facilitator

### RYSS Wyong



#### **HEALTHY HABITS** 4:00 - 6:00pm

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

#### **RYSS Wyong**



#### **HEALTHY GAMING** 5:30 - 7:30pm

Healthy Gaming is designed to establish an inclusive gaming community where young people can develop gaming skills and build social & supportive connections

#### **RYSS Wyong**





#### **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**



#### **COOKING** 3:00 - 5:00pm

Have fun learning basic cooking skills in a vintage homestyle kitchen with a small group under the guided support of our facilitator

#### RYSS Wyong



#### SIDELINERS SOCIALS

5:30 - 7:30pm

Join us for a fun-filled sports program! watch, play, and socialise in a supportive and inclusive environment. Our program aims to encourage healthier alternative to enjoying sports with friends



**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

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



**Starting Friday** 25th October



# THRIFTY CREATIONS

12:30 - 2:30pm

Join us in transforming secondhand 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** 3:30 - 5:30pm

Join us in a journey of creativity through photography! Our program fosters selfexpression, confidence, and practical skills

**Community Based** 

