Afternoon Group Program

Block 1: Mon 1 Feb - Fri 25 March 2027

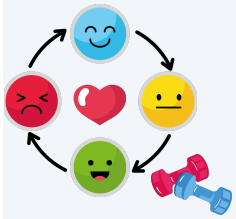
Register Here: https://forms.cloud.microsoft/r/znHe6REv88

Bookings close: 29 November 2026

At Intorec, we deliver specialised NDIS capacity-building programs using interactive activities, technology and sport to develop life skills, communication, confidence, independence and social participation. For more information

Phone 58237041 **Email:** intorec@familycare.net.au

Website : www.familycare.net.au

Day	Activity	Description / Benefits	Activity cost
MONDAY 	**Regulation GYM:** Emotional Fitness, Resilience & Independence	A fun and interactive program designed to build emotional regulation, confidence, and independence. Engage in sports, movement-based activities, group games, creative projects, and mindfulness exercises. Learning practical tools to support emotional wellbeing, resilience, and everyday participation.	**$ 50.00**
TUESDAY 	**Virtual Vibes:** Digital Connections	Level up your social skills through online gaming, team activities, and interactive challenges that promote connection, communication, and confidence.	**$ 50.00**
WEDNESDAY 	**Cooking:** Food Skills, Safety & Independence	Cook up a storm while building practical daily living skills. Learn meal planning, budgeting, shopping and cooking while increasing confidence and independence	**$100.00**
THURSDAY 	**Swimming** Water Safety	Have a splash and cool off , while building confidence, water safety awareness and independence through practical skill development.	**$100.00**

Activity costs include materials, entry fees and afternoon tea. These costs are invoiced directly to the participant and are not covered by the participant's NDIS plan.
Payment for activity costs is required prior to commencing an activity. Payment plans are available upon request.