



Monday - Friday
9.00am - 3.00pm



Disability Futures
Brookvale



NDIS funding
+ activity costs

Want to have fun, increase your independence, join your local community, work and socialise with your friends? CatholicCare's Day Programs are an ideal place for you!

Highly trained and experienced staff support you to develop an individual development plan, linking your goals to your NDIS plan.

All our activities and programs are designed to enable the achievement of individual goals. We are an NDIS registered provider. All services and supports can be accessed through your NDIS funding. Programs can also be accessed through a fee for service model.

ADULT DAY PROGRAMS

INCREASE YOUR LIFE SKILLS, CONNECT WITH COMMUNITY GROUPS, JOIN VOLUNTEER PROGRAMS, PARTICIPATE IN SOCIAL AND LEISURE ACTIVITIES ALL OF THIS WHILST HANGING WITH FRIENDS.

TURN OVER FOR PROGRAMS

Topics & outcomes:

MENTAL HEALTH

PHYSICAL HEALTH

COMMUNITY PARTICIPATION

MONEY SKILLS

HEALTH & WELLBEING

SOCIAL PARTICIPATION

DAILY LIVING SKILLS

CONFIDENCE BUILDING

COMMUNICATION

RELATIONSHIP BUILDING

HYGIENE & FOOD PREPARATION

COME JOIN US

Lynn Murphy

Area Coordinator

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Disability Futures

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BROOKVALE DAY PROGRAMS SCHEDULE

Our day services program offers a variety of programs Monday to Friday. Tailor your week to your interests!



MONDAY

COOKING PROGRAM

Learn how to plan, prepare and cook healthy meal options. Focus on planning, budgeting and shopping followed by kitchen safety and meal preparation.

ART & CRAFT

An experienced art teacher will guide you on your individual art journey.



TUESDAY

SWIMMING PROGRAM

12 week program focused on swimming for exercise and leisure.

CREATIVE STORIES & ACTING

Visit Palm Beach, the home of Home & Away, learn script writing and acting skills.



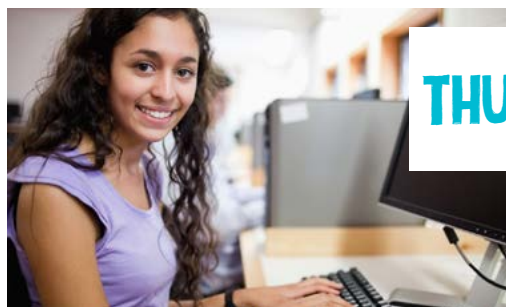
WEDNESDAY

DOG WALKING

Improve physical fitness and learn to look after dogs while enjoying unofficial pet therapy.

POWERHOUSE MUSEUM

Spend time focusing on being creative, incorporating music & music making into every aspect of the class.



THURSDAY

COMPUTER PROGRAM

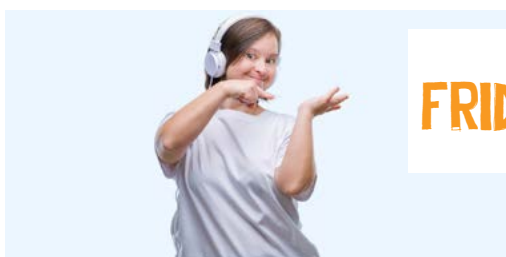
Learn computer basics and internet safety.

SENSORY SCIENCE

Focus on creating all things sensory and conducting experiments.

ART & CRAFT

An experienced art teacher will guide you on your individual art journey.



FRIDAY

MINDFULNESS & MOVEMENT

Minfulness activities to improve mental and physical health, catering to all abilities.

SOCIAL BBQ

Head out of the centre for a BBQ & socialise with your friends.

WANT TO KNOW MORE ABOUT A SPECIFIC PROGRAM?

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