

LET'S COME TOGETHER
VIA TECHNOLOGY
WHILST WE'RE
STUCK AT HOME!

INTERACTIVE ONLINE PROGRAMS & COACHING ESPECIALLY DESIGNED FOR YOUNG ADULTS WITH SPECIAL NEEDS

In these troubling times, you can keep your young people safe and protected at home whilst still engaging in the community and learning real skills ... using the power of technology to connect! Jump online for an interactive two hour workshop with your friends every day of the week. Our expert activity leader and positive psychology coach, Michelle Cuneo will work with you or your young person – keeping them happy whilst engaging in leisure and learning - all on your home computer, tablet or smartphone! All classes are online and in real time.

WHAT ONLINE CLASSES ARE AVAILABLE?



MY HEALTH & HAPPINESS — WELLBEING WORKSHOPS TO HELP ME THRIVE

Mindfulness, gratitude, how to be happy and spread kindness, the power of breathing, relaxation skills, comfort and care, yoga moves – everything you need to flourish in difficult times.



MY SKILLS — LIFE, WORK & SOCIAL SKILLS FOR THE 21ST CENTURY

All the life skills you need to be an adult – everything from socialising with friends, being professional with our workmates to staying safe on social media. Skills for being responsible at home and work ensuring we are valued by our families and community.



MY CREATIVE HOME — LEISURE SKILLS & CREATIVITY AT HOME

Learn to draw, dance and perform drama. Write a story, recite a poem, style an outfit, make some kitchen craft. All easy to do with resources at home.



MY VOICE — HOW TO COMMUNICATE WITH CONFIDENCE

Learn to express yourself with ease and confidence. Be decisive and develop clear messages that keep you safe, connected and effective in your community and your daily relationships.



MY BEST LIFE — INTERACTIVE LIFE COACHING

Discover your strengths and use them to achieve what you want from life. Make plans, track your progress, learn how to be accountable and be the best person you can be.



MY VIRTUAL DANCE ACADEMY

Keep moving at home with ballet, dance choreography and stretch and tone exercises. Learn how to create your own dance routines.



MINDFULNESS WITH MICHELLE

Let's breathe, relax and unwind on Fridays with some mindful moments and positive affirmations.



TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.30am-11.30am	9.30am-11.30am	9.30am-11.30am		9.30am-11.30am
MY WELLBEING Health and happiness to help me thrive	MY VIRTUAL DANCE ACADEMY Ballet barre plus learn to create your own dance	MY SKILLS Life, work and social skills for the 21st century		MY BEST LIFE Interactive life coaching
1.00pm-3.00pm	1.00pm-3.00pm		1.00pm-3.00pm	1.00pm-3.00pm
MY VIRTUAL DANCE ACADEMY Stretch strengthen and tone with dance	MY VOICE How to communicate with confidence		MY CREATIVE HOME Stay creative at home draw, make, dance, drama and more	MINDFULNESS WITH MICHELLE Finish the week calm relaxed and grounded

WHAT DOES IT COST?

We're offering excellent value at only \$46.96 per two hour session. You can choose as many sessions as you like each week.

Minimum booking is for one month with a maximum of 10 friends in each session. Charged under the NDIS this will cost you \$23.48 per hour classed as a group activity in the community 1:3 Standard, Weekday Daytime.

WHAT DO I NEED TO PARTICIPATE?

You will need a home computer, tablet or phone and an internet connection. Michelle will step you through how to use Zoom – our online platform of choice.

You can invite your friends to join us too – everyone is welcome whether you are already a client of CatholicCare or not.

YOU CAN LIVE ANYWHERE – BECAUSE WE ARE ONLINE!

HOW DO I RESERVE MY PLACE?

Michelle Cuneo

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