

disAbility

Courses for people with disability



SGSCC disAbility is a registered NDIS provider, to enrol using NDIS funding call 8543 7429

COURSES - 2 HOURS PER WEEK FOR 12 WEEKS

FEE: \$420 (GST free) PER COURSE LOCATION – Jannali

STEP – WEDNESDAY

WEDNESDAY – STARTS May 5
10 am – 12 pm

STEP – Cooking

Learn to cook healthy meals.

+ **Consumables Cost \$60** per term to be paid to staff week 1.

WEDNESDAY – STARTS May 5
12:30 pm – 2:30 pm

STEP – Art and Craft

Learn a variety of art/craft activities.

+ **Consumables Cost \$60** per term to be paid to staff week 1.

STEP – FRIDAY NO CLASSES FRIDAY 2ND APRIL

FRIDAY – STARTS May 7
Friday Morning Classes (AM)
10 am – 12 pm

STEP – Cooking

Learn to cook healthy meals.

+ **Consumables Cost \$60** per term to be paid to staff week 1.

FRIDAY – STARTS May 7
Friday Afternoon Classes (PM)
12:30 pm – 2:30 pm

STEP – Cooking

Learn to cook healthy meals.

+ **Consumables Cost \$60** per term to be paid to staff week 1.

STEP – Computer

Explore Microsoft Office and Kewala. Bring headphones.

STEP – Performing Arts

Have fun while developing Music and Drama skills.

STEP – Art and Craft

Learn a variety of art/craft activities.

+ **Consumables Cost \$60** per term to be paid to staff week 1.

STEP – Social Club

Increase your social networks.

+ **Consumables Cost \$20** per term to be paid to staff week 1.

STEP – Sewing

Create a project of your own.

+ **Consumables Cost \$45** per term to be paid to staff week 1.

STEP – iPad Club

Navigate and explore using your own iPad.

STEP – Literacy, Basic

Improve literacy knowledge.

STEP – Health and Happiness

Enhance your wellbeing and your health. Gain skills in healthy eating, good sleep, fitness & social interactions.

STEP – Sports and Fitness

Improve your wellbeing by being more active.

STEP – Money Matters

A guide to managing your money and your future for a more independent and satisfying life.

STEP – Day Trippers

Let the adventures begin. Join Day Trippers and explore our beautiful city and beyond. Put your walking shoes on, a fair level of fitness will be required.

5 hours per week for 12 weeks – Fee: \$1,050 9:30 am – 2:30 pm



TWILIGHT COURSE

WEDNESDAY – STARTS May 5
8 sessions, Jannali Centre

STEP - Photography

Learn the basics of using your camera or mobile phone to capture the perfect image - portrait, landscape or close-ups. Crop, edit and save your photos.

6 pm - 7 pm \$140



STEP - Ready Steady Dine

Cook your own dinner - chop, slice and dice ingredients, working in a fun and supportive environment to prepare and then enjoy what you have cooked with the group.

5:30 pm - 7:30 pm \$280

+ **Consumables Cost \$60** per term to be paid to staff week 1.



WEEKEND COURSES

COURSES – 4 HOURS PER WEEK FOR 8 WEEKS – FEE: \$560 (GST free)

Kringen – Saturday

Spend some time with friends, you might go out for lunch, see a movie, explore our community or attend a local event.

Saturday starts May 8,
9:30 am - 1:30 pm

STEP – Groove

\$25
GROOVE DISCO PARTY
May 29, Aug 21, Nov 13

Enrol online

sgsc.edu.au/courses/disAbility/step
Or call 8543 7429 to pay by phone.