



**Inspire means: Excite, Encourage, Motivate, or Breath life into.**

At WATCH INSPIRE, we believe anything is possible and we will endeavour to excite, encourage and motivate all participants, giving them the opportunity to take part in a variety of fun, challenging and meaningful activities.

Young school leavers (18-25 years old) come to the INSPIRE program to further develop their social skills, independent living skills, creative skills, and community connections.

The support of dedicated, qualified, and experienced staff will work with each participant to pursue their NDIS goals and aspirations and inspire them to have choice and control in their life. The group rates are based on a staff/participant ratio of 1:3.

#### PROGRAMS INCLUDE:

- **Skills For Life**
  - Looking after self
  - Household tasks / Chores
  - Computers / iPads
  - Budgeting / Money Management
  - Road skills
  - Travel training
  - Work Experience / Volunteering
- **Creative Arts**
  - Visual Arts
  - Music and Movement
  - Photography
  - Performing Arts
- **Social Skills**
  - Communication and Conversation
  - Friendships and Relationships
  - Manners
  - Managing Emotions
  - Conflict Resolution
- **Health and Wellbeing**
  - Gym
  - Swimming
  - Grooming
  - Yoga / Exercise
  - Gardening
- **Cooking**
  - Food Preparation
  - Hygiene
  - Nutrition
  - Baking
  - Sensory Edible Garden
  - Cooking Lunch
- **Community Inclusion**
  - Bowling
  - Bushwalking
  - Walks At Parks
  - Shopping
  - Social Groups
  - RDA
  - Discos

#### OUR INSPIRE GROUP:



**Places are limited - If you would like further information please contact us at [info@watchinc.com.au](mailto:info@watchinc.com.au) or Call us at 03 9562 3796**