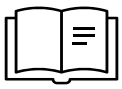
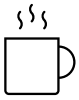
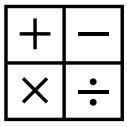
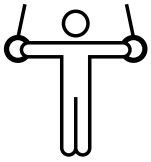
Group Programs 2027
Golden Point Campus

MONDAY

To start 9am – 10am	
	☐ **Journaling** A calm and familiar start to the day. Clients can write, draw, use pictures or symbols to share how they are feeling, reflect on experiences and make choices about their day.
	☐ **Coffee Club ($2)** A relaxed morning opportunity to enjoy a drink and connect with others.
Morning Program 10am – 12pm	
	☐ **Cooking ($5)** Build practical kitchen skills by preparing a range of simple meals using accessible recipes and step-by-step guidance.
	☐ **Art ($4)** Explore creativity through drawing, painting, mixed media and individual or collaborative projects.
	☐ **Literacy, Maths and Money** Practise every day reading, number and money skills through useful, hands-on activities.
	☐ **Backyard Active** Spend time outdoors in the Golden Point Campus backyard, choosing from gardening, walking, basketball, ball games and other accessible outdoor activities. Clients can be active, care for the garden or enjoy nature and social time at their own pace
Afternoon Programs 12pm – 3pm	
	☐ **Baking ($5)** Prepare sweet and savoury treats through hands-on baking activities.
	☐ **Photography and Scrapbooking ($3)** Capture meaningful moments through photography and turn favourite images into personalised scrapbook pages or creative projects.
	☐ **Gymnastics ($10 + travel costs)** This is an instructor led session held at the Ballarat Aquatic and lifestyle Centre and finishes at 3pm. Clients will then travel back to Golden Point for pick up from 3:20pm, you may choose to collect directly from the Centre on Gillies Street at 3pm.

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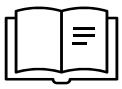
Group Programs 2027
Golden Point Campus

TUESDAY

To start 9am – 10am	
	☐ **Journaling** A calm and familiar start to the day. Clients can write, draw, use pictures or symbols to share how they are feeling, reflect on experiences and make choices about their day.
	☐ **Coffee Club ($2)** A relaxed morning opportunity to enjoy a drink and connect with others.
Morning Program 10am – 12pm	
	☐ **Cooking ($5)** Build practical kitchen skills by preparing a range of simple meals using accessible recipes and step-by-step guidance.
	☐ **Paint and Sip ($4)** Enjoy a relaxing painting session alongside a different mocktail or hot drink each week.
	☐ **Music and Dance** An inclusive space to explore rhythm, movement, and expression.
Afternoon Programs 12pm – 3pm	
	☐ **Woodwork ($5)** Plan, create and personalise practical wooden projects with step-by-step support. Client's practise choosing designs, measuring, assembling and using suitable tools safely at their own level.
	☐ **Game On!** Explore enjoyable games on iPads, computers and Nintendo Switch consoles, with opportunities for individual play and shared activities.
	☐ **Lego Masters ($4)** Design, build and share creative projects using LEGO. Clients can follow a model, create their own designs or work alongside others, with support available as needed.
	☐ **Baking ($5)** Prepare sweet and savoury treats through hands-on baking activities.

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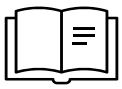
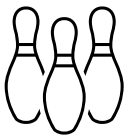
Group Programs 2027
Golden Point Campus
WEDNESDAY

To start 9am – 10am	
	☐ **Journaling** A calm and familiar start to the day. Clients can write, draw, use pictures or symbols to share how they are feeling, reflect on experiences and make choices about their day.
	☐ **Coffee Club ($2)** A relaxed morning opportunity to enjoy a drink and connect with others.
	☐ **My Voice - All day program** See separate flyer for more information.
Morning Program 10am – 12pm	
	☐ **Cooking ($5)** Build practical kitchen skills by preparing a range of simple meals using accessible recipes and step-by-step guidance.
	☐ **Eyes down! Social Bingo** Enjoy a lively weekly bingo game with a friendly term-long competition. Clients can practise recognising numbers, listening, taking turns and celebrating each other's achievements. The focus is on fun, social connection and positive participation.
	☐ **Swimming ($7 + travel costs)** Enjoy a supported visit to the aquatic centre for a casual swim
Afternoon Programs 12pm – 3pm	
	☐ **Walking Group (Travel Costs)** Explore local walking routes at a pace that suits the group and each client. Sessions offer opportunities for gentle movement, fresh air, conversation and noticing the local environment. Routes and support are planned around accessibility, personal goals and weather conditions.
	☐ **Ten Pin Bowling ($9 + Travel costs)** Travel by taxi to Ballarat's local Ten Pin Bowling centre for a friendly game against each other! Travel costs will be divided between clients each week.
	☐ **Baking ($5)** Prepare sweet and savoury treats through hands-on baking activities.

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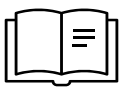
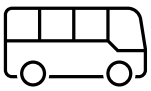
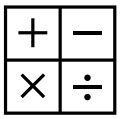
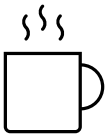
Group Programs 2027
Golden Point Campus

THURSDAY

To start 9am – 10am	
	☐ **Journaling** A calm and familiar start to the day. Clients can write, draw, use pictures or symbols to share how they are feeling, reflect on experiences and make choices about their day.
	☐ **Coffee Club ($2)** A relaxed morning opportunity to enjoy a drink and connect with others.
	☐ **Community Adventures ($7) - All day program** Community Adventures is an exciting program where clients will explore different locations around Ballarat and occasionally neighbouring towns. Participants enjoy fun outings, build social skills, and experience new places in a supportive group setting.
Morning Program 10am – 12pm	
	☐ **Cooking ($5)** Build practical kitchen skills by preparing a range of simple meals using accessible recipes and step-by-step guidance.
	☐ **Art ($3)** Explore creativity through drawing, painting, mixed media and individual or collaborative projects.
	☐ **Literacy, Maths and Money** Practise every day reading, number and money skills through useful, hands-on activities.
Afternoon Programs 12pm – 3pm	
	☐ **Backyard Active** Spend time outdoors in the Golden Point Campus backyard, choosing from gardening, walking, basketball, ball games and other accessible outdoor activities. Clients can be active, care for the garden or enjoy nature and social time at their own pace
	☐ **Art ($4)** Explore creativity through drawing, painting, mixed media and individual or collaborative projects.
	☐ **Barista ($2)** Work towards a goal of gaining employment in a café by learning how to make the perfect coffee, tea, hot chocolate, and milkshake. Learn how to safely operate a coffee machine.

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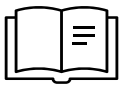
Group Programs 2027
Golden Point Campus

FRIDAY

Golden Point – 120 English Street

To start 9am – 10am	
	☐ **Journaling** A calm and familiar start to the day. Clients can write, draw, use pictures or symbols to share how they are feeling, reflect on experiences and make choices about their day.
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Morning Program 10am – 12pm	
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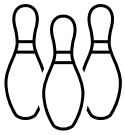
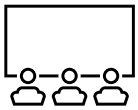
	☐ **Ten Pin Bowling ($9 + travel costs)** Travel by taxi to Ballarat's local Ten Pin Bowling centre for a friendly game against each other! Travel costs will be divided between clients each week.
	☐ **The Social Club** Come together for a relaxed morning of board games, card games, trivia, puzzles and friendly group challenges
Afternoon Programs 12pm – 3pm	
	☐ **Movie Appreciation** A relaxing way to end a busy week, watch a movie of the group's choice on the big screen projector while chilling on the bean bags!
	☐ **Ballarat Library (Travel costs)** Visit the local library to explore books, magazines, and other resources. The session encourages literacy, independence, and community participation while supporting personal interests and choice. Staff assist as needed to help with borrowing, reading, or simply enjoying a quiet space.

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Group Programs 2027
Golden Point Campus

FRIDAY

Pennyweight – 222 Otway Street, South

If you choose this option, drop off and pick up is from Otway Street.

9am – 1pm	
	☐ **Pennyweight Swimming** Enjoy a relaxing swim in our heated indoor pool at Pennyweight or use the time to be supported in completing your hydro exercises. Swim times may vary and alongside a swim you will have access to the sensory room, games, puzzles, walks to the local park, cooking, books and podcasts.
1pm – 3pm	
	☐ **Walking Group** Explore local walking routes at a pace that suits the group and each client. Sessions offer opportunities for gentle movement, fresh air, conversation and noticing the local environment. Routes and support are planned around accessibility, personal goals and weather conditions.
	☐ **Art and Craft ($4)** Participate in a range of art activities and projects using a variety of techniques.

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