



SIBELLA CARE

Sibella Care

Day Program - Life Skills

Learn, practice and implement!

Mondays 10am -12pm



Learn valuable life skills that are a part of our everyday lives. From ironing a shirt to a personal hygiene tool kit, we are all lifelong learners.

Benefits:

- Social Interaction: Engage with others who have similar needs in a non-judgemental forum
- Skill building: learn personal hygiene tips, establishing a routine, budgeting, general food preparation and laundry.

Additional Information:

No cost associated. However, participants will be encouraged from time to time to bring items from home (such as a shirt for ironing).

Ages: This program is best suited for participants aged 16+

Join us today. Scan the QR code to find out more or call 1800 020 042

