

Join Graceville Centre's new NDIS-funded Day Programs



DRUMBEAT

A drumming program using psychology and neurobiology to reconnect with ourselves and others.

Participant outcomes may include: increased mental wellbeing, improved self-regulation, increased social and emotional learning, increased empathy and a reduction in psychological distress.

Monday
12.30-1.30

Bod Squad

Our enthusiastic, fun-loving team will support and inspire you to move your body. Enjoy a wide variety of group fitness activities including dancing, bushwalks, yoga and more.

Tuesday
9.00-11.00

Artful Dodgers

There is a saying that goes—before a child speaks, it sings and as soon as they stand, they dance.

Art is the basis of human expression. Come and explore your creativity through a wide variety of artistic mediums, including fine art, dance, music, drama etc.

Tuesday
12.00-2.00

School of Life

Learn the art of living well. Improve your practical life skills while expanding your knowledge of the world around you. Each month we'll explore a different theme, from oceanography to cheese, life hacks to outer space.

Have fun.
Make friends.
Get smart.

Thursday
10.30-12.30pm

School of Life 'Out & About'

Six hour group session, once per month (offsite activity).

Fun for everyone!

Email Hayley McBrien at hayley.mcbrien@lutheranservices.org.au or phone Graceville on 07 5441 4682 for more information or to book a spot.

w. lutheranservices.org.au



Lutheran Services

Disability

