



Holistic Support Services Sunshine Coast

We aim to empower people in maximizing life opportunities.

Support Services

Assistance with shopping
Attending appointments
Assistance with cooking and meal preparation
Support to make positive health and lifestyle choices
Increased participation in community
Group access – Yoga, Mindfulness and meditation, psych education
Exercise – Walking, swimming

Our Purpose

Our primary purpose is to work alongside participants to develop skills that will enable them to maintain their independence and support them while they navigate their choices. Our team will work with our participants, their families and carers to identify strengths and goals reaching our full capacity and potential.

Other Supports We Offer

Peer Support in Dual Diagnosis –
MH/Addiction
Cleaning
Lawns & Gardens

Our Mission Statement

Our objective is to provide a structured, fair, safe and supportive environment that facilitates a high level of participant service and satisfaction.

Our Promise To You

We match our support team members to meet the tailored needs of our participants

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