Self-care	Independent Living Skills Training Theme Week 1: Self Identification	
MON 1	**TUE 2**	**WED 3**
Please bring a packed lunch or money for lunch	Lunch provided	Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS

Walking/Yoga

Cooking
Spaghetti Bolognaise

Fast Quiz

Skill Building Workshops

- Who am I?
- WHat's important to me?
- What are some things I want to improve on or change?
- How I express myself.
- What am I grateful for?

Goal Mapping

Declutter Challenge

Art Project
Making Cupboard labels

February 2021

Adult Program

Tuggeranong

Please bring a water bottle and hat each day.

Contact the Lifestyle Services Team to book: 6293 6500

Communities@Work

commsatwork.org

Self Care	Independent Living Skills Training Theme Week 2: Hygiene and appearance	
MON 8	**TUE 9**	**WED 10**
Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Lunch provided

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS

Walking/Fitness

Art Project
Hanging ornaments for courtyard

Valentines
High Tea

Skill Building Workshops

- Do I know how to brush hair, clean teeth, shower?
- Do I know how to dress for different occasions or events?
- Do I know what size my clothes/shoes are? Do I know how to shop for clothes or shoes?

Declutter Challenge

Zumba

Valentines Day crafts

February 2021

Adult Program

Tuggeranong

Please bring a water bottle and hat each day.

Contact the Lifestyle Services Team to book: 6293 6500

Communities@Work

commsatwork.org

Self Care	Independent Living Skills Training Theme Week 3: Friendships	
MON 15	**TUE 16**	**WED 17**
Please bring a packed lunch or money for lunch	Lunch provided	Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS		
Walking/Fitness	March Program Planning	Arboretum Garden Visit
Skill Building Workshops • How do I make new friends? • Qualities of a friend and types of relationships • Maintaining friendships. • What if my friends live far away? • How do I keep myself safe when others are trying to take advantage of me?		
Pot Plant People	Cooking National Pancake Day	Lunch at cafe

February 2021

Adult Program

Tuggeranong

Please bring a water bottle and hat each day.

Contact the Lifestyle Services Team to book: 6293 6500

Communities@Work

commsatwork.org

Self care	Independent Living Skills Training Theme Week 4: Health and Wellbeing	
MON 22	**TUE 23**	**WED 24**
Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Lunch provided

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS

Walking/Fitness

Art
Pot Plant People

BBQ
at hte centre

Skill Building Workshops

- What does this mean to me?
- Where can I seek assistance?
- What is the importance of being healthy?
- How can I take care of myself physically and emotionally?
- How do I already look after myself?

Pot Plant People

Swimming
Small groups

Car Wash

February 2021

Adult Program

Tuggeranong

Please bring a water bottle and hat each day.

Contact the Lifestyle Services Team to book: 6293 6500

Communities@Work

commsatwork.org