

May 2024

Communication and Interpersonal Skills

Week 1 Focus: Communicating Effectively

MON 06

TUE 07

WED 08

THU 09

FRI 10

Please bring a packed lunch or money for lunch

Please bring a packed lunch or money for lunch

Please bring a packed lunch or money for lunch

Lunch Provided

Please bring a packed lunch or money for lunch

Morning Chat: Morning Tea / Setting The Scene / Small Groups Activities



Non-Verbal Communication: AUSLAN



Calendar Planning for June



Swimming



Four Ingredient Cooking



Fitness at Centre



Outdoor Plant Box Project



Non-Verbal Communication Body Language



Communicating Emotions



Think it or Say it Safe Communication



Communicating through Art Mother's Day Craft



Talking Together Group Reading



Expressing Emotions through Art Indigenous Painting



In House Movie Inside Out



Social Engagement Bingo



Literacy and Numeracy

Please bring a water bottle, hat and lunch each day.

To book contact Disability Services Enquiries 0410 327 757

communities atwork

commsatwork.org



**Communication and Interpersonal Skills**

**Week 2 Focus: Conversation Skills**

**May 2024**

MON 13	TUE 14	WED 15	THU 16	FRI 17
Lunch Provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch

**Morning Chat: Morning Tea / Setting The Scene / Small Group Activities**



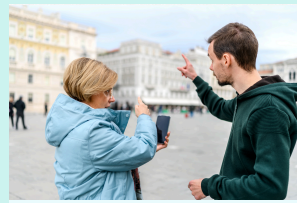
**Four Ingredient Cooking**



**Swimming**



**Café Visit  
Leaving by 10:30am**



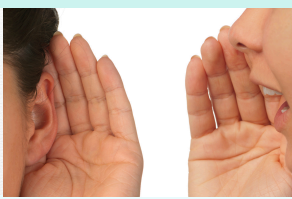
**How to ask for help while in the Community**



**Community Walk**



**Phone Etiquette**



**Active Listening**



**Mindfulness**



**Preparing for Scavenger Hunt**



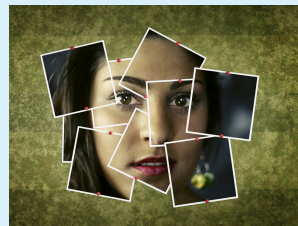
**Know the Difference: Emergency Contacts & Emergency Services**



**Writing skills**



**Karaoke**



**Communicating Through Art**



**Scavenger Hunt in the Community**



**Basketball Competition**

**North Hub Program**

*Gungahlin*

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**Communication and Interpersonal Skills**

**Week 3 Focus: Job Ready  
Communication style In the workplace**

MON 20	TUE 21	WED 22	THU 23	FRI 24
Please bring a packed lunch or money for lunch	Lunch Provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch

**May 2024**

*Gungahlin*

**North Hub  
Program**

**Morning Chat: Morning Tea / Setting The Scene / Small Groups Activities**



**Fire Drill**



**BBQ at Moncrieff Park**



**Swimming**



**Safe Subjects to discuss at Work**



**Community Walk**



**Being Safe in the Workplace**



**Building Team Skills Outdoor Games**



**How to respond to questions during an Interview**



**How to Draft an Email**



**Indigenous Culture Communication in the Bush**



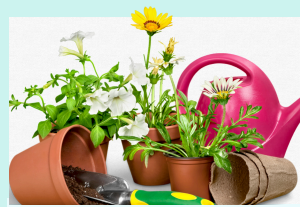
**Sharing Together Beading**



**Meditation**



**Numeracy and Literacy**



**Gardening**



**Social Interaction Card Games**

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Enquiries 0410 327 757

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Communication and Interpersonal Skills

Week 4 Focus: Digital Communication and Safety

MON 27	TUE 28	WED 29	THU 30	FRI 31
Closed	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Excursion to Purchase Lunch Please bring money or packed lunch	Lunch Provided

Morning Chat: Morning Tea / Setting The Scene / Small Groups Activities



Reconciliation Day



Library Visit



Personal Wellbeing  
Chair Yoga



Travel Training-  
Bus trip to  
Westfield for Lunch



Four Ingredient  
Recipe  
Pizza Party



Reconciliation Day



Cyber Safety



Social Media  
Safety



Keeping personal  
Info Safe



Building  
Communication  
Trivia Games



Reconciliation Day



Sharing Together  
Dream Time Stories



Team  
Communication  
Ball Games



Designing a Work  
Diary/Calendar



In-House Movie  
Despicable Me

May 2024

Gungahlin

# North Hub Program

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