

SESSION PLAN

Hackham West MyTime Peer Support Group Term 4 2020 on Tuesday Mornings 9:15 – 11:15am @

Hackham West Children's Centre Unit, located at Hackham West Primary School – Glynville Drive Hackham West

Activities may be subject to change without notice

For further information contact group Facilitator, Sally Louise – Phone or Text 0466 393 805 E: hwmytime@gmail.com

Group Play Helper: *Suzy (please pack a snack, drink, hat)*

Date	Length of Session	Activities Components of Program	Session Overview
13 th October	2	Coffee/Chat with Guest Speaker	NDIS Question Time with Steve from Mission Australia.
20 th October	2	Service Visit & Self Care	Animal Assisted Therapy (PAHS) tbc
27 th October	2	Service Visit & Self Care	Making It Happen! Employment and Independence Supports with Frances from Community Bridging Service
3 rd November	2	Coffee/Chat & Service Visit	Focus on Siblings with Tanya from Siblings in Focus
10 th November	2	Self Care /Craft	Massage with Heather
17 th November	2	Guest Speaker / Self Care	Art Therapy with Sabine Connect Counselling
24 th November	2	Coffee/Chat & Service Visit	Occupational Therapist Huong to answer your questions plus Ideas on what to do during the Summer Holidays.
Wednesday 2nd December	2	Celebration	Christmas Lunch @ Christies Beach Hotel