

# SESSION PLAN

O'Sullivan Beach MyTime Peer Support Group, Term 4 2020 on **Tuesday 12.15-2.15pm @**

O'Sullivan Beach Children's Centre Galloway Road, O'Sullivan Beach

For further information contact **Group Facilitator**, Sally Louise – M: Phone or Text 0466 393 805, E: [osbmytime@gmail.com](mailto:osbmytime@gmail.com)

Date	Length of Session	Activities Components of Program	Session Overview
13 <sup>th</sup> October	2	Coffee/Chat Welcome Back	Group Chat including: What's on this term in Onkaparinga. What is the South Australian Carers Charter, the NDIS Participant Service Charter and the Participant Service Improvement Plan Visit from <b>Carolynn Dempsey Of Carers SA</b>
20 <sup>th</sup> October	2	Guest Speaker & Self Care	Animal Assisted Therapy(PAHS)
27 <sup>th</sup> October	2	Coffee/Chat with Guest Speaker	<b>NDIS Question Time</b> with <b>Steve Ingham</b> from <b>Mission Australia</b>
3 <sup>rd</sup> November	2	Service Visit	Making It Happen! <b>Employment and Independence Supports</b> with <b>Frances</b> from Community Bridging Service <b>Talking Children's Toys</b> including making Simple Sensory Slimes & Fidgets.
10 <sup>th</sup> November	2	Self Care	Connect Counselling <b>Mind Art Therapy</b> with <b>Monique</b> using natural products e.g. <b>clay</b>
17 <sup>th</sup> November	2	Self Care	<b>Massage</b> with <b>Heather</b> . Ideas for Home Made Christmas Gifts. OT on Back Care & Carers Health & Safety, <b>tbc</b>
24 <sup>th</sup> November	2	Self Care	<b>Key Word Signing</b> : Learn some Signs for Christmas with <b>Karen Sowton</b> from Women's and Children's. Karen will be on zoom.
1 <sup>st</sup> December	2	Special Event	<b>Christmas Lunch</b> with Kris Kringle at <b>Port Noarlunga Hotel</b>