

# Life Skills for all abilities

**Starts Monday 29th July**

10:00am-12:00pm

**Cost** \$80 per term

## Location

Domeney Recreation Centre  
52 Knees Road, Park Orchards



Learn practical skills through a range of activities including:

- setting goals & time management
- basic technology skills
- shopping lists, online ordering
- planning travel on public transport
- reading recipes and cooking
- teamwork
- speaking up and building confidence
- health & wellbeing

## How to enrol

**Phone:** (03) 9876 4381

**Email:** [enrol@parkorchards.org.au](mailto:enrol@parkorchards.org.au)

**www.parkorchards.org.au**

**Free trial class available**

**Support workers welcome**



**Park Orchards  
Community House  
& Learning Centre**