

**Learn.
Develop.
Explore.
Achieve.
Enjoy.**

Live life better. Learn, grow & enjoy!

Become more independent, develop new skills, further your learning and enjoy connecting with others, all in a fun and supportive environment.

The Living, Learning & Social Skills program will help you build independence and confidence as you get out and about in the community and learn how to manage money, shopping, cooking and more.

Improve your literacy, numeracy and digital technology skills, unleash your creativity through visual and performing arts, get fit with gym, dance, yoga and sports...even learn how to grow what you eat in our horticulture classes!

At Onemda we value you for you. Your program will be designed to reflect who you are and what you want, and will support you to achieve your goals.

So if you're looking to learn, grow and live life better, Onemda's Living, Learning & Social Skills program is the perfect next step!



WHAT YOU'LL DO...

Further your learning & independence while enjoying fun, friendship & support.

Enjoy a mix of on-site and in-community activities, including:

Be Your Best

- ▶ Health & wellbeing
- ▶ Gym, dance & sports
- ▶ Physio & exercise
- ▶ Yoga & meditation
- ▶ Personal care & emotional health

Your Life, Your Way

- ▶ Shopping & cooking Independence skills
- ▶ Household budgeting & money management
- ▶ Recreational activities & excursions

Learn & Grow

- ▶ Literacy & numeracy
- ▶ Digital media & technology
- ▶ People, culture & environment
- ▶ Creative thinking
- ▶ Current affairs
- ▶ Horticulture
- ▶ Communication building

Out & About

- ▶ Independent travel
- ▶ Safety in the community

Express Yourself

- ▶ Painting & photography
- ▶ Craft & woodwork
- ▶ Performing arts – music, band & theatre sports
- ▶ Sensory activities

OUTCOMES

Here are just some of the outcomes Onemda Living, Learning & Social Skills program participants report:

- ▶ Higher levels of **confidence** and **independence**
- ▶ Greater **participation** and **connection** to community
- ▶ Improvements in **communication** and **interpersonal skills**
- ▶ Better **understanding of environment** and **social customs**
- ▶ Enhanced **fitness** and **wellbeing**
- ▶ Improved **relationships** and **teamwork**
- ▶ Enjoyment in **self-expression & creativity**
- ▶ Having **FUN!**

2023 TERM DATES

Onemda's programs run across four terms each year. The 2023 dates are:

TERM 1

Tuesday 17 January – Thursday 6 April

TERM 2

Tuesday 11 April – Thursday 29 June

O-WEEK

Monday 3 July – Friday 7 July

TERM 3

Monday 3 July – Thursday 28 September

TERM 4

Monday 2 October – Friday 22 December

Contact us:

MAIN CAMPUS:

**123 Andersons Creek Road
Doncaster East 3109**

P | 9842 1955

E | onemda@onemda.com.au

onemda.com.au