

Make good friends, have great experiences

Youthlink Skills 4 Life provides educational, recreational, clinical and adventure programs with a difference. We offer the following client centred services specifically developed for young people with a disability aged 8-30.

- ◇ **Life skills day programs**
- ◇ **After school programs** ◇ **Outdoor adventure programs**
- ◇ **School Holiday programs** ◇ **Clinical Services**

Life Skills
Day and After School Programs
Book now for Term 1

Our **Skills 4 Life Workshops** are specifically designed for young people aged 12 –30 with a disability who are ready to gain independence. The workshops are run in small groups of young people for 8 weeks. You can choose to come 1, 2 or all 4 days per week. The workshops are based in Blacktown in Western Sydney. The programs are run from 9am to 3pm or from 3pm to 6pm.

Learning new things can be overwhelming that's why we aim to take one step at a time. Each workshop will have a different focus topic. Our workshops are a **fun way to make friends and learn essential life** skills such as health, self-care, healthy eating, fitness, housekeeping, travel training, money management, gardening, communicating with others, going out on your own and living independently.

In addition to covering **essential life skills** we also like to **have fun**. Activities include going out together in the community to have new and exciting experiences.

Contact us to learn more about this service.



Youthlink

Skills 4 Life

Specialist Youth Disability Service

Learn more about our services

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<https://salvos.org.au/youthlink/skills-4-life/>