

LEARN SKILLS FOR LIFE

WERRIS CREEK & QUIRINDI

Sunnyfield's Skills for Life activities provide a range of practical tools and techniques to support people with disability of all ages to develop social skills, communication skills, increase self-awareness and build independence.

Programs are delivered at the St Bedes Anglican Church Hall, Henry Street in Werris Creek, every Friday from 9.30am – 2.30pm. Participants with NDIS funding or self-funded can participate in a range of the following programs.

Cooking skills

- Food safety
- Following a recipe
- Planning a menu

Money skills

- Purchasing
- Budgeting

Additional program cost is \$10.00 per class*

Start the conversation today and contact Penny Plowman, Service Manager

T 02 6760 1600

M 0427 495 613

www.sunnyfield.org.au

