

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 10am – 3pm. 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 \$15.00*

Start the conversation today and contact Penny Plowman, Service Manager

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*These costs are not NDIS funded.

