

SUNNYFIELD DISABILITY SERVICES

LEARN SKILLS FOR LIFE WITH SUNNYFIELD

MILLER

Sunnyfield's Skills for Life activities are designed for people with disability of all ages and provide a range of tools to strengthen problem solving skills, increase self-awareness and build independence.

Numeracy

This program is designed to support participants to recognise numbers from 1 – 100 and complete basic sums.

Following a Recipe

Participants will learn how to follow a recipe from start to delicious finish.

Budgeting

You'll learn how to put a budget together and save money to buy things.

Planning a Menu

You'll learn how to pick meals, write a menu and shopping list and get ready to cook.

Road Safety

You'll learn how to cross the road safely and traffic signage.

Our flexible programs are delivered Monday – Friday (day, afternoon, evening).

Open to youth and adults with disability.

Start the conversation today and contact Melissa Sedrak

T 0452 517 847

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www.sunnyfield.org.au



Registered
NDIS
provider



Sunnyfield
disAbility Services