

Chatswood Independent ME

Timetable: 9 October – 13 December 2017

Mondays and Wednesdays, 4:00pm – 6:00pm

Chatswood office – Level 14, Suite 1402/799 Pacific Highway, Chatswood

Northcott's 'Independent ME' program empowers young people with disability aged 15 to 18 years with the skills to:

- Express an opinion, communicate and participate in discussions
- Build confidence, independence and a healthy self esteem
- Contribute to decision making
- Identify personal strengths and weaknesses
- Work with and respect others

Cost: NDIS support is \$40.48 per session @ a 1:3 ratio

RSVP: Places are strictly limited. RSVP by 29 September 2017

Mon 9 October  Keeping your personal items safe	Wed 11 October  Ironing, mending and hand sewing	Mon 16 October  Water safety	Wed 18 October  Travel training
Mon 23 October  Travel training	Wed 25 October  Online safety	Mon 30 October  Ordering and purchasing a meal online	Wed 1 November  Shopping using the cashier

For more information contact:

 1800 818 286

 northcott@northcott.com.au

 northcott.com.au



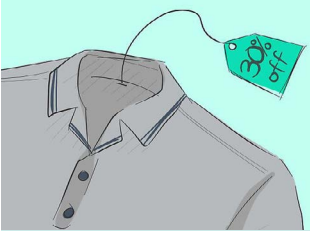












Let's see what you can do

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<p>Mon 6 November</p>  <p>Budgeting for an outfit</p>	<p>Wed 8 November</p>  <p>How to be sun smart</p>	<p>Mon 13 November</p>  <p>What could you make with these ingredients?</p>	<p>Wed 15 November</p>  <p>How to maintain friendships and organise outings</p>
<p>Mon 20 November</p>  <p>Budget and shopping for cooking</p>	<p>Wed 22 November</p>  <p>Cooking</p>	<p>Mon 27 November</p>  <p>Stranger danger and secrets</p>	<p>Wed 29 November</p>  <p>Travel training</p>
<p>Mon 4 December</p>  <p>Travel training</p>	<p>Wed 6 December</p>  <p>Christmas activities</p>	<p>Mon 11 December</p>  <p>Christmas activities</p>	<p>Wed 13 December</p>  <p>Christmas movie</p>

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