

# Hornsby Independent ME

## Timetable: 10 October – 14 December 2017

Tuesdays and Thursdays, 3:30pm – 5:30pm

Hornsby Office – Suite 719, Level 7, 1C Burdett Street, Hornsby

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

<b>Tue 10 October</b>  <b>Keeping your personal items safe</b>	<b>Thu 12 October</b>  <b>Ironing, mending and hand sewing</b>	<b>Tue 17 October</b>  <b>Water safety</b>	<b>Thu 19 October</b>  <b>Travel training</b>
<b>Tue 24 October</b>  <b>Travel training</b>	<b>Thu 26 October</b>  <b>Online safety</b>	<b>Tue 31 October</b>  <b>Ordering and purchasing a meal online</b>	<b>Thu 2 November</b>  <b>Shopping using the cashier</b>

For more information contact:

 1800 818 286

 [northcott@northcott.com.au](mailto:northcott@northcott.com.au)

 [northcott.com.au](http://northcott.com.au)



  
Let's see what you can do

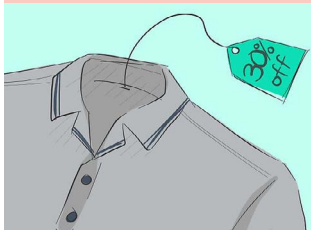
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**Tue 7 November**



**Budgeting for an outfit**

**Thu 9 November**



**How to be sun smart**

**Tue 14 November**



**What could you make with these ingredients?**

**Thu 16 November**



**How to maintain friendships and organise outings**

**Tue 21 November**



**Budget and shopping for cooking**

**Thu 23 November**



**Cooking**

**Tue 28 November**



**Stranger danger and secrets**

**Thu 30 November**



**Travel training**

**Tue 5 December**



**Travel training**

**Thu 7 December**



**Christmas activities**

**Tue 12 December**



**Christmas activities**

**Thu 14 December**



**Christmas movie**

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