

Mona Vale Independent ME

Timetable: 10 October – 14 December 2017

Tuesdays and Thursdays, 4:00pm – 6:00pm

Mona Vale office – Shop 9/13 Waratah Street, Mona Vale

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

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

For more information contact:

1800 818 286

northcott@northcott.com.au

northcott.com.au



Northcott
Let's see what you can do

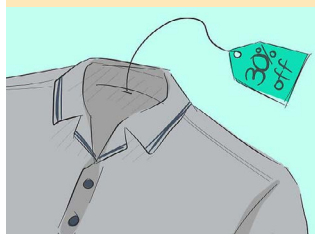
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Tue 7 November



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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