

# 2024 NDIS Group Programs



I ♥  
ndis

## How to book

Booking is easy! Either call the number below or visit our website and complete an enquiry form. A member from our Client Services team will be in touch to discuss which program, date and time works for you.



**(02) 8503 4275**



**[www.karista.com.au/c2c](http://www.karista.com.au/c2c)**



**SCAN ME**





## PROGRAMS

- Educational Programs
- Creative Therapies
- Workshops
- Social Clubs

Care Squared Connect run a range of interactive, fun and engaging face-to-face group programs designed to help you work toward your capacity building goals while bringing you together with like-minded people.

## SUMMARY LETTER MESSAGE

At Care Squared Connect, we believe in tracking progress and providing tangible evidence of success. Once a participant has completed the program, we provide a summary letter that outlines the progress they have made along the way. This summary letter serves as a record of their successes and provides them with a way to reflect on the progress they have made. We are dedicated to providing the best possible experience for our participants and are committed to helping them track their progress.

## FUNDING LINES

- **Capacity Building:** Improved Daily Living
- **Capacity Building:** Innovative Community Participation
- **Capacity Building:** Community Participation Activities
- **Capacity Building:** Improved Health & Wellbeing
- **School Leaver Employment Supports**
- **Finding and Keeping a Job**
- **Core Supports:** Community, Social & Recreational Activities
- **Core Supports:** Assessment, Recommendation, Therapy and/or Training\*\*

*\*\*Accessible when provided to support one of the eight disability-related health conditions, and CB:IDL funding has exhausted, only.*

# Connections & Relationships



## Are you an adult seeking to forge stronger, healthier and more fulfilling connections in your life?

Join us on an extraordinary journey where you'll discover the magic of meaningful relationships, gain insights into healthy and respectful connections, and ignite your self-esteem and confidence.

Connections & Relationships is a transformative program designed exclusively for adults on the NDIS, here to empower you with the knowledge and skills to build the relationships you deserve and celebrate your unique strengths.

### PROGRAM OUTCOMES

- Build confidence in making relationships.
- Learn effective communication skills.
- Improve self-esteem by focusing on the strengths of healthy and respectful relationships.
- Develop an understanding of positive social and emotional wellbeing.

### PRICING

**\$1050**

- 2 hours per session face to face
- Inclusive of case notes, preparation, summary letter and resources

### PROGRAM OUTLINE

#### Week 1

The importance of a relationship with self (your goals, your support people and your specialness!)

#### Week 2

Different types of relationships and consent (expressing emotion, consent, types of relationships)

#### Week 3

Boundaries, communication and decision making

#### Week 4

Creating friendships and developing deeper relationships

#### Week 5

Exploring and maintaining relationships (love myths, love languages, communication)

#### Week 6

Healthy vs Unhealthy relationships

**AGE GROUP**  
**18 AND OVER**

**DURATION**  
**6 WEEKS**

### DATES

**11 Jan - 15 Feb 2024**  
**Thursdays 2pm - 4pm**  
St Leonards

**4 Jun - 9 Jul 2024**  
**Tuesdays 2pm - 4pm**  
Penrith

**6 Aug - 10 Sep 2024**  
**Tuesdays 10am - 12pm**  
St Leonards

**8 Oct - 12 Nov 2024**  
**Tuesdays 2pm - 4pm**  
Penrith

**Don't see the dates you need? Scan to register your interest and learn more.**



# Connections & Relationships

## EXTENSION

The Connections and Relationships Extension program provides participants the opportunity to develop a deeper level of understanding that continues to foster positive self-worth, empowerment and personal growth in one's relationship with self and others.

Deeper exploration allows participants to strengthen their strategies in taking learned class skills and applying to real life situations, continuing each week to develop important life skills.

**Pre-requisite:** Participants must have completed Connections & Relationships Part One

**AGE GROUP**  
**18 AND OVER**

**DURATION**  
**6 WEEKS**

## PROGRAM OUTCOMES

- Build more confidence in making relationships.
- Learn additional effective communication skills.
- Further improve self-esteem by focusing on the strengths of healthy and respectful relationships.
- Develop a deeper understanding of positive social and emotional wellbeing.

## PRICING

**\$1050**

- 2 hours per session face to face
- Inclusive of case notes, preparation, summary letter and resources

## PROGRAM OUTLINE

### Week 1

Sexuality and gender

### Week 2

Sexual choices, decisions and boundaries

### Week 3

Healthy vs Unhealthy Relationships

### Week 4

The importance of consent and safety

### Week 5

Understanding sexual feelings

### Week 6

Romantic relationships

## DATES

Successful completion of Connections and Relationships will lead into the Extension Program.

Scan to register your interest and learn about dates.





# Connections & Relationships

## TEENS

**Are you a teenager seeking to learn about forging stronger, healthier, and more fulfilling connections in your life?**

Join us on an extraordinary journey where you'll discover the magic of meaningful relationships, gain insights into healthy and respectful connections, and ignite your self-esteem and confidence.

Connections & Relationships is a transformative program designed exclusively for teenagers on the NDIS, here to empower you with the knowledge and skills to build the relationships you deserve and celebrate your unique strengths.

### PROGRAM OUTCOMES

- Build confidence in making relationships.
- Learn effective communication skills.
- Improve self-esteem by focusing on the strengths of healthy and respectful relationships.
- Develop an understanding of positive social and emotional wellbeing.

### PRICING

**\$1050**

- 2 hours per session face to face
- Inclusive of case notes, preparation, summary letter and resources

### PROGRAM OUTLINE

#### Week 1

The importance of a relationship with self (your goals, your support people and your specialness!)

---

#### Week 2

Different types of relationships and consent (expressing emotion, consent, types of relationships, protected sexual activity)

---

#### Week 3

Boundaries, communication and decision making

---

#### Week 4

Creating friendships and developing deeper relationships (public and private environments)

---

#### Week 5

Exploring and maintaining relationships (love myths, love languages, communication)

---

#### Week 6

Healthy vs Unhealthy relationships (healthy sexual decision making, safe sex)

**AGE GROUP**  
**13 - 17**

**DURATION**  
**6 WEEKS**

**Don't see the dates you need? Scan to register your interest and learn more.**



# Workforce Warriors

## Are you ready to unlock the gateway to the workforce?

Join us on an extraordinary journey where you'll harness the skills and knowledge to getting your dream job. Workforce Warriors is the ultimate program designed exclusively for participants on the NDIS, here to empower you with the career skills you need to conquer interviews, craft impressive resumes, and tackle real-life workplace scenarios.

Get ready to supercharge your career journey, secure your dream job, and thrive in your chosen profession. Join us on a transformative adventure as you become a true "Workforce Warrior" and set a course for a brighter and more prosperous future!



**AGE GROUP**  
**15 AND OVER**

**DURATION**  
**6 WEEKS**

## PROGRAM OUTCOMES

- Develop job-seeking skills such as writing a resume and cover letter, searching and applying for jobs.
- Learn how to make a good first impression during job interviews.
- Increase self-confidence and self-esteem when applying for and attending job interviews.
- Develop communication skills by participating in group activities and discussions.
- Develop problem-solving and critical thinking skills related to job-seeking.
- Foster connection and community building by engaging with other program participants.
- Learn about workplace etiquette and professional dress.

## PROGRAM OUTLINE

### Week 1

Communication

### Week 2

Adaptability and creativity

### Week 3

Problem solving

### Week 4

Organisation skills

### Week 5

Time management skills

### Week 6

Job interview roleplay

## PRICING

**\$1050**

- 2 hours per session face to face
- Inclusive of case notes, preparation, summary letter and resources

Don't see the dates you need? Scan to register your interest and learn more.



# Social Skills Program

## ADULTS

**AGE GROUP**  
**18 AND OVER**

**DURATION**  
**6 WEEKS**

### DATES

**15 Feb - 21 Mar 2024**  
**Thursdays 10am - 12pm**  
St Leonards

**3 Apr - 8 May 2024**  
**Wednesday 10am - 12pm**  
St Leonards

**6 Aug - 10 Sep 2024**  
**Tuesdays 2pm - 4pm**  
St Leonards

**8 Oct - 12 Nov 2024**  
**Tuesdays 10am - 12pm**  
Penrith

**Are you an adult ready to supercharge your social skills so that you can build the confidence needed to make new friends, maintain relationships and thrive in social settings?**

In this cutting-edge program designed specifically for NDIS participants aged 18+ we're here to empower you with the essential social skills you need to thrive in all aspects of your life. Whether you're dreaming of making new friends, excelling in the workforce or building the confidence to engage with strangers this program is perfect for you!

Get ready to build your confidence and learn the skills needed to navigate social situations effectively. Join us on a transformative adventure where you'll become socially savvy and set a course for an amazing future!

### PROGRAM OUTCOMES

- Increase social skills and independence in social interaction.
- Develop/enhance skills to navigate conflict and negative emotions.
- Develop/enhance knowledge to practice diversity and inclusion.
- Boost self-confidence and personality.

### PRICING

**\$1050**

- 2 hours per session face to face
- Inclusive of case notes, preparation, summary letter and resources

### PROGRAM OUTLINE

#### Week 1

Foundations of social skills and conversations

#### Week 2

Emotional recognition, expression and regulation

#### Week 3

Listening and social space

#### Week 4

Empathy and managing conflict

#### Week 5

Apologising and handling criticism

#### Week 6

Putting our skills into practice

**Don't see the dates you need? Scan to register your interest and learn more.**





# Social Skills Program

## TEENS

**Are you a teenager ready to embark on a journey that will transform your social world?**

Join us on an exciting adventure where you'll build the confidence and skills needed to thrive in your jobs, school, and friendships!

In this cutting-edge program designed specifically for teenagers on the NDIS, we're here to empower you with the essential social skills you need to thrive in all aspects of your life. Whether you're dreaming of excelling in your future career, conquering the challenges of school, or forging lifelong friendships, Care Squared Connect's Social Skills Program for Teens has got you covered.

**AGE GROUP**  
**13 - 17 YEARS**

**DURATION**  
**6 WEEKS**



### PROGRAM OUTCOMES

- Increase social skills and independence in social interaction.
- Develop/enhance skills to navigate conflict and negative emotions.
- Develop/enhance knowledge to practice diversity and inclusion.
- Boost self-confidence and personality.

### PRICING

**\$1050**

- 2 hours per session face to face
- Inclusive of case notes, preparation, summary letter and resources

### PROGRAM OUTLINE

#### Week 1

Foundations of social skills and conversations

#### Week 2

Emotional recognition, expression and regulation

#### Week 3

Listening and social space

#### Week 4

Empathy and managing conflict

#### Week 5

Apologising and handling criticism

#### Week 6

Putting our skills to practice

### DATES

**21 May - 25 Jun 2024**  
**Tuesdays 4pm - 6pm**  
St Leonards

**15 Oct - 19 Nov 2024**  
**Tuesdays 4pm - 6pm**  
St Leonards

**Don't see the dates you need? Scan to register your interest and learn more.**



# Workshops

## Embark on a transformative journey with our series of workshops designed for NDIS participants.

All of our workshops are aimed at empowering individuals with diverse abilities to lead fulfilling lives and achieve their goals. Led by experienced facilitators, each 2-3 hour workshop creates a supportive and inclusive environment where participants can share experiences, learn from one another, and build lasting connections.

### PROGRAM OUTCOMES

- Improved Daily Living Skills
- Enhanced Motor Skills
- Cognitive Enhancement
- Goal Setting and Achievement
- Increased Independence
- Increased Social Skills

### AREAS OF FOCUS

We have a range of workshops to choose from including:

- Online dating
- Dressing for success
- Goal Setting
- Seasonal (Easter and Christmas crafts)

### PRICING

**\$160 per workshop**

Scan to register your interest and learn more.



**AGE GROUP**  
**13 - 65 YEARS**

**DURATION**  
**2 - 3 HRS**





Limited Spots

# Little Goal Getters

## INTENSIVE ALLIED HEALTH CAPACITY BUILDING WORKSHOPS

**Is your child ready to reach new heights in their development and well-being?**

We're here to make it happen! Join our "Little Goal Getters" Intensive Allied Health Capacity Building Sessions to engage in small group intervention over the school holidays.

**AGE GROUPS**  
**6 - 10 YEARS**  
**11 - 14 YEARS**

### PROGRAM OUTCOMES

- Improved Daily Living Skills
- Enhanced Motor Skills
- Cognitive Enhancement
- Goal Setting and Achievement
- Increased Independence
- Increased Social Skills

### AREAS OF FOCUS

We have a range of Goal Getters workshops to choose from including:

- Occupational Therapy based programs
- Exercise Physiology based programs
- Creative Therapies
- Psychosocial Supports

### PRICING

**\$1500 for 5 day duration**

Scan to register your interest in our program schedule during the school holidays.





# Art Therapy

**AGE GROUP**  
**18 AND OVER**

**DURATION**  
**8 WEEKS**



## Are you an adult looking to unlock the transformative power of art as a means of self-expression and emotional exploration?

Join us on an extraordinary journey, where your creativity knows no bounds, and your emotions find their canvas. Our art therapy program is a one-of-a-kind program designed exclusively for adults on the NDIS, providing a safe, supported space where you can freely explore your feelings, boost your self-confidence, and ignite your self-expression.

### PROGRAM OUTCOMES

- Develop self-expression skills through the use of art materials and techniques.
- Increase self-confidence and self-awareness.
- Develop communication skills by engaging in group activities and discussions.
- Create a safe and supportive environment.
- Express inner thoughts and feelings through art.
- Explore creativity in a non-judgmental atmosphere.
- Foster connection and community building.

### PRICING

**\$1400**

- 2 hours per session face to face
- Inclusive of case notes, preparation, summary letter and resources

### PROGRAM OUTLINE

#### Week 1

Discovering art making, understanding art therapy and goal setting

#### Week 2

Positive emotions – developing emotional regulation

#### Week 3

Positive engagement – exploring personal strengths

#### Week 4

Positive relationships – social connectedness

#### Week 5

Positive meaning – values, meaning and purpose

#### Week 6

Positive mindset – challenging negative thinking patterns, growth

#### Week 7

Positive self-love – building a relationship with self

#### Week 8

Positive accomplishment – envisioning future goals and maintaining progress

### DATES

**25 Jan - 14 Mar 2024**

**Thursdays 2pm - 4pm**  
Leichhardt

**6 Feb - 26 Mar 2024**

**Tuesdays 2pm - 4pm**  
Penrith

**17 Apr - 5 Jun 2024**

**Wednesdays 10am - 12pm**  
Leichhardt

**11 Jun - 30 Jul 2024**

**Tuesdays 2pm - 4pm**  
Penrith

**23 Jul - 10 Sep 2024**

**Tuesdays 10am - 12pm**  
Leichhardt

**10 Sep - 29 Oct 2024**

**Tuesdays 2pm - 4pm**  
Penrith

**16 Oct - 4 Dec 2024**

**Wednesdays 10am - 12pm**  
Leichhardt

**4 Nov - 23 Dec 2024**

**Mondays 2pm - 4pm**  
Penrith

Don't see the dates you need? Scan to register your interest and learn more.





# Social Skills GALA

Scan to register your  
interest and learn  
more.



## Care Squared Connect are hosting a Social Skills Gala in August 2024.

This event will create a safe and welcoming environment where participants will be supported to learn, grow and connect with others whilst building strong social skill foundations. They will have the opportunity to have fun, meet others, share their hobbies and interests and dance!

Participants will engage in games such as **Would You Rather**, **Scattergories** and **Social Bingo** where they can work both as a team and individually to reach a shared goal. There will be social **Speed Dating** rounds, where participants will be provided with different conversation prompts.

## INCLUSIONS

- Learn the foundations of social skills within small groups
- Participate in group activities
- Engage in conversation rounds and role-play
- Find friends with similar hobbies
- Receive support from our allied health clinicians
- Enjoy delicious canapes, sip refreshing drinks, win prizes and more!

## PRICING

\$245





# Social Clubs

**Our social clubs are led by our allied health clinicians so that all participants feel supported, encouraged and inspired to be their authentic selves.**

**Coffee:** If you are looking for a comfortable and inviting place to make new friends then our coffee social club is the group for you! We will meet up at a popular and convenient café to build on our social skills, make new friends and build on our communication.

**Games:** Do you like playing a mix of board and card games or have a competitive streak? Our games social club is the group for you! We will meet within the community to participate in games and activities to build on our social skills, make new friends and work as a team.

**Cooking:** If you love to cook or love to eat than our cooking social club is the group for you! We plan and prepare healthy dishes whilst we share in our love for cooking and making new friends. Participants with varying levels of experience in the kitchen welcome!

## PROGRAM OUTCOMES

- Improved Daily Living Skills
- Enhanced Motor Skills
- Cognitive Enhancement
- Goal Setting and Achievement
- Increased Independence
- Increased Social Skills

**DURATION**  
**8 WEEKS**

## PRICING

**\$300 per workshop**

- 2 hours per session face to face
- Inclusive of case notes, preparation, summary letter and resources

**Scan to register your interest and learn more.**







## How to book

Booking is easy! Either call the number below or visit our website and complete an enquiry form. A member from our Client Services team will be in touch to discuss which program, date and time works for you.



**(02) 8503 4275**



**[www.karista.com.au/c2c](http://www.karista.com.au/c2c)**



 **SCAN ME**