

2024 NDIS
Group
Programs



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.



(07) 3063 1464



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

AGE GROUP
18 AND OVER

DURATION
6 WEEKS

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

DATES

16 Jan - 20 Feb 2024

Tuesdays 10am - 12pm
Southport

7 Feb - 13 Mar 2024

Wednesdays 10am - 12pm
North Lakes

6 Mar - 10 Apr 2024

Wednesdays 10am - 12pm
Milton

4 Apr - 16 May 2024

Thursdays 10am - 12pm
Ipswich

7 May - 11 Jun 2024

Tuesdays 2pm - 4pm
Southport

3 Jul - 7 Aug 2024

Wednesdays 10am - 12pm
Milton

10 Sep - 15 Oct 2024

Tuesdays 2pm - 4pm
Southport

10 Oct - 14 Nov 2024

Thursdays 2pm - 4pm
Ipswich

6 Nov - 11 Dec 2024

Wednesdays 10am - 12pm
Milton

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

DATES

12 Jun - 17 Jul 2024

Wednesdays 2pm - 4pm
Milton

6 Nov - 11 Dec 2024

Wednesdays 2pm - 4pm
Milton

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

21 Feb - 27 Mar 2024
Wednesdays 2pm - 4pm
Milton

23 May - 27 Jun 2024
Thursdays 10am - 12pm
Ipswich

2 Jul - 6 Aug 2024
Tuesdays 10am - 12pm
North Lakes

10 Oct - 14 Nov 2024
Thursdays 10am - 12pm
Milton

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

19 Mar - 23 Apr 2024
Tuesdays 4pm - 6pm
Milton

21 Aug - 25 Sep 2024
Wednesdays 4pm - 6pm
North Lakes

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





Essentials for Foodies

Designed by our dietitians exclusively for NDIS participants, this delectable adventure is your passport to a healthier, happier you.

In our Essentials for Foodies program participants will embark on an immersive experience to discover the art of making mindful, health-conscious choices when it comes to food. From crafting mouthwatering, nourishing meals and snacks to mastering the art of shopping for wholesome ingredients, this program is your gateway to a lifetime of wellness.

Our expert instructors will guide you through the ins and outs of nutrition, helping you understand the importance of balanced diets and the role they play in your overall well-being. Discover the secrets of preparing tantalizing dishes that are not only scrumptious but also brimming with nutritional goodness.

Get ready to embark on a supermarket tour with confidence as you learn how to identify and select the freshest, and healthiest ingredients for your meals.

PROGRAM OUTCOMES

- Improve knowledge of basic nutrition.
- Improve independence in planning and preparing healthy meals and snacks.
- Increase confidence in navigating supermarkets.
- Increase social skills and interaction.

PRICING

\$1050

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

PROGRAM OUTLINE

Week 1

Foundations of healthy eating

Week 2

Building healthy meals

Week 3

Healthy shopping

Week 4

Supermarket tour

Week 5

Healthy takeaway and snacks

Week 6

Using skills to create a healthy dish

AGE GROUP
16 AND OVER

DURATION
6 WEEKS

DATES

22 May - 26 Jun 2024

Wednesdays 10am - 12pm
Milton

12 Nov - 17 Dec 2024

Tuesdays 10am - 12pm
Milton

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



Art Therapy



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

AGE GROUP
18 AND OVER

DURATION
8 WEEKS

DATES

9 Jan - 27 Feb 2024
Tuesdays 10am - 12pm
North Lakes

2 Apr - 21 May 2024
Tuesdays 10am - 12pm
North Lakes

21 Aug - 9 Oct 2024
Wednesdays 1pm - 3pm
North Lakes

3 Oct - 21 Nov 2024
Tuesdays 10am - 12pm
North Lakes

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





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

8 - 19 JAN 2024

6-14 year olds
9am - 12pm
Ipswich

6-10 year olds
10am - 12:30pm
North Lakes and Logan

11-14 year olds
1pm - 3:30pm
North Lakes and Logan

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





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

Workshops

AGE GROUP
13 - 65 YEARS

DURATION
2 - 3 HRS

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.



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.

PROGRAM OUTCOMES

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

PRICING

\$300 per workshop

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

DURATION
8 WEEKS



Scan to register your interest and learn more.





How to book

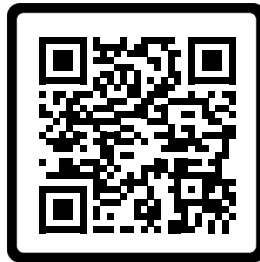
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