

Coffs Harbour Day Program

Build Skills, Make Friends, Have Fun!



Inclusive in-centre and in community Day Programs, designed for adults of all abilities

Our Coffs Harbour Day Programs and Social Groups offer NDIS participants flexible, outcome-driven activities designed to build life skills, independence, and social connection. Our programs cater to a wide range of abilities and interests, with multiple activities in the morning and afternoon 5 – 6 days a week.

Programs prioritise choice and variety, with a strong emphasis on community engagement and personalised support.

- **Build independence** through hands-on skill development
- **Connect** in social and group settings
- **Boost wellbeing** with creative and sensory activities
- **Explore your community** through regular local outings tailored to your interests and budget
- **Shape your journey** with programs aligned to your goals
- **Thrive in a safe space** designed for access, comfort, and inclusion
- **Be supported** by experienced staff trained in high-needs care
- **Enjoy accessible transport** across Coffs Harbour, including weekends



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Our Day Program Centre

Our modern, fully accessible Day Program Centre features colourful, creative spaces designed to inspire engagement and learning.

- **Wheelchair accessible**, open plan layout designed for freedom of movement
- **Accessible bathroom** with mobile hoist for all mobility and personal care needs
- **Full kitchen facilities** for cooking classes and skill building
- **Sensory space** for quiet time and calming
- **Therapy room** with swing for regulation and de-escalation
- **Dedicated art space** for guided creative expression and crafting
- **Entertainment zone** with arcade games, board games and karaoke

Spotlight: Our popular Friday Recreational Trips!

Join our popular Friday outings - designed to be fresh, fun, and community-focused. A new schedule is delivered monthly, with activities that suit all budgets and interests. Enjoy picnics, bowling, movies, BBQs, bistro lunches and more as you explore new experiences with friends.



"Scotty really enjoys Day Program, especially trips to the bistro for karaoke and lunch. He gets support to build everyday living skills and reach his goals at Ability Options. The more independent he becomes now, the more peace of mind we have about his future."

Anne – Mum and Carer



Life's better with Options

Contact our friendly team today

1300 422 454 abilityoptions.org.au



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