

Seven Hills Day Program

Build Skills, Make Friends, Have Fun!



Inclusive and flexible in-centre and in community Day Programs for adults of all abilities, designed around your goals and interests.

At Seven Hills, everyone is welcome. We offer in-centre and in community activities for young adults, older individuals and participants with varied support needs.

We put choice and control first. Our participant-led activities are engaging, providing a balance between developing life skills and supporting participants' personal interests.

- **Be supported** by experienced staff trained in high-needs care and active supports
- **Build independence** through hands-on skill development foster friendships in a welcoming social environment
- **Engage with your community** on regular social outings and trips
- **Enjoy unique activities** both in-centre and in the community
- **Choose your path** through programs that blend learning with fun
- **Thrive** in an accessible, modern and safe space
- **Connect with our accessible van service and supported public transport** in and around Seven Hills



AbilityOptions





Activities & Outings

There's always something happening at Seven Hills! Participants enjoy a wide variety of experiences, including:

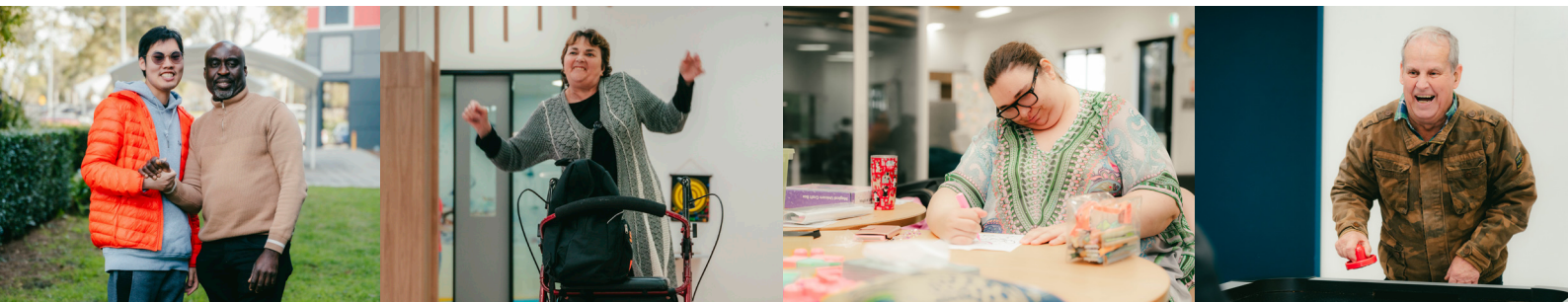
- VR games
- Time Zone
- Aqua Golf
- Bowling
- Catch-ups at local parks, cafés, and bistros
- Creative projects
- Fitness sessions
- Community engagement activities

Whether you're interested in creative projects, building fitness or engaging with community, you'll build friendships, and make lasting memories at Ability Options Seven Hills.



"I can't choose just one favourite thing about the Day Program - there are too many! I love the people, playing games, and I always feel included."

June - Seven Hills Day Program participant



Life's better with Options

Contact our friendly team today

1300 422 454 abilityoptions.org.au



AbilityOptions

