

Taree Day Program

Build Skills, Make Friends, Have Fun!



Inclusive and flexible in community Day Programs for NDIS participants

Our Taree Day Program offers a personalised, supportive environment designed for adults with mild to medium intellectual, physical and behavioural disabilities.

Our boutique day programs are smaller in size, allowing us to tailor activities to your unique needs, focusing on choice, social connection and fun.

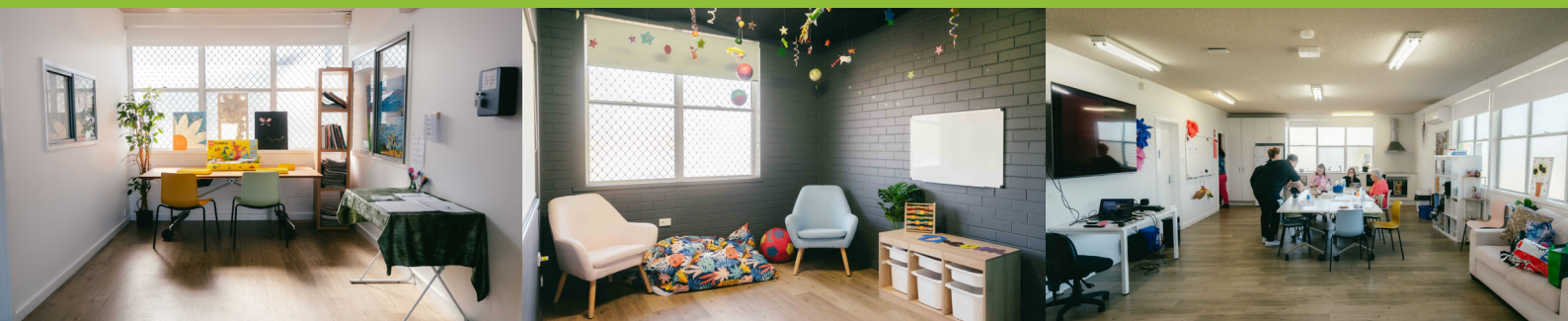
Whether you're looking to build independence, forge friendships, or build living skills - we provide guided support to help nurture your interest and achieve your goals.

- **Shape your path** with tailored support that fits your goals
- **Take the lead** with activities that put your voice front and centre
- **Build independence** through hands-on skill development
- **Meet new people** through group activities that foster authentic, lasting friendships
- **Engage with your community** with regular social outings such as trips to the bistro, walking groups and bowling
- **Get active** with exercise and recreational activities you enjoy
- **Connect and travel freely** with accessible transport across the Taree region



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Our Day Program Centre

Our bright and accessible day centre offers creative spaces designed to inspire engagement and learning.

- **Wheelchair accessible**, open plan layout designed for freedom of movement
- **A sensory room** for relaxation and calming
- **Dedicated crafting space** for creative expression
- **Computer and games room** for digital engagement
- **Full kitchen facilities** for cooking classes and skill building
- **Laundry room** for everyday living and independence
- **Outdoor gardening space** - shaded and secure, perfect for green thumbs!

Spotlight: Friday Karaoke & Lunch Social Day - Sing, laugh and connect!

Join us to kick off your Friday with karaoke fun alongside friends. Then head out for a relaxed lunch at a restaurant of your choice - you pick the music, you pick the menu, and you set the vibe.



"Making friends and meeting new people is the best part of Day Program at Ability Options."

Lisa - Taree Day Program Participant



Life's better with Options

Contact our friendly team today

1300 422 454 abilityoptions.org.au



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