

Forster Day Program

Learn Skills, Make Friends, Have Fun!



Our Day Programs run Monday to Friday at our centre and out in the community. They support adults with NDIS plans.

Each day includes group sessions and activities based on what you enjoy and need.

- **Learn everyday skills** like cooking, budgeting, and personal care
- **Make friends** through group games, shared meals, and creative activities
- **Feel good** with music, art, sensory activities, and movement
- **Get out and about** with regular outings, volunteering, and local events
- **Choose your path** with programs that match your goals
- **Feel safe and supported** with help from staff who understand behaviour and complex care needs
- **Access transport** for community outings



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Our Day Program Centre

Our Forster Day Centre is easy to access and designed for comfort and learning

- A kitchen for cooking and barista training
- Creative art and sensory spaces
- Quiet areas to relax
- Lots of space
- Equipment to help with movement and sensory needs

Be Part of Your Community

We help people join in local life. You can go on outings, volunteer, and work with local cafés and businesses. You will also get to share your skills at events like pop-up cafés and open days.



"I love attending day program and catching up with the group, especially going out for social night for dinner."

Daz – Forster Day Program Participant



Life's better with Options

Contact our friendly team today

1300 422 454 abilityoptions.org.au



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