

Forster & Taree Day Programs

Build Skills, Make Friends, Have Fun!



Inclusive & Flexible Day Programs & Social Groups for NDIS Participants

Our Forster & Taree Social Groups offer friendly, supportive places where you can make friends, build skills and have fun. We enjoy a range of activities in the community around Forster and Taree, as well as programs at our Forster Day Program Centre.

With small, supported groups we can tailor activities to your unique needs. Whether you're looking to try new things, make connections or build independence - we provide choice and nurture your interests.

- **Get out and about** with regular outings to picnics and lunches, local events, walking groups, and bowling
- **Engage with community** through volunteer opportunities
- **Learn everyday skills** like cooking, budgeting, and personal care at our Forster Day Program Centre
- **Make friends** through group games, shared meals, and creative activities
- **Feel good** with music, art, sensory activities, and movement
- **Choose your path** with programs that match your NDIS goals
- **Feel safe and supported** with help from staff experienced in behaviour support, epilepsy management, catheter care, and mealtime/dysphagia support
- **Access transport** for community outings and safe travel to and from the centre



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Our Forster Day Program Centre

Our conveniently located Forster Day Centre is designed for comfort, learning, and Accessibility.

- Kitchen for cooking and barista training
- Creative art areas and sensory zones
- Quiet spaces for regulation and relaxation
- Accessible layout and equipment to support mobility and sensory needs

Community Connections that Matter

Our Forster & Taree Social Groups focus on helping you get out, connect, and be part of your community. You can join regular outings, try volunteering, and visit local businesses and attractions. You'll also have a chance to showcase your developing skills at public events like pop-up cafés and open days.

Helping you to grow, spend time with others and enjoy everyday life is at the heart of what we do at Day Program.

We support you to socialise, build friendships, and feel part of your community – in ways that feel right for you.



"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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