



**HORIZON**  
COMMUNITY SERVICES  
ENCOURAGE. EMPOWER. ACHIEVE

**RESPIRE ACTIVITY**

# ART THERAPY

**GROUP  
WORKSHOP**

Arts Class designed by art teachers and health & wellness therapists in alignment with the NDIS requirements for maintaining and improving mobility and movement, and building interpersonal skills for capacity building and daily living goals.

**BOOK NOW!**

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# RESPITE PACKAGE INCLUSIONS



**HORIZON**  
COMMUNITY SERVICES  
ENCOURAGE. EMPOWER. ACHIEVE

All-Inclusive Package  
STARTS AT

**\$1,343.88**

## Integrated NDIS Access Activities

- Capacity Building
- Social & Community Participation
- Employability skills

- 
- Minimum hours of support apply, flexible to your needs.
  - Full terms and conditions apply. Please inquire to learn more.



**HOTEL  
ACCOMMODATION**



**ART THERAPY  
ACTIVITY**



**TRANSPORTATION**



**GROCERY VOUCHER**



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**RESPIRE ACTIVITY**

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**INDIVIDUAL SESSION**

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All-Inclusive Package  
STARTS AT

**\$1,741.38**

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**HOTEL  
ACCOMMODATION**



**ART THERAPY  
ACTIVITY**



**TRANSPORTATION**



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**HORIZON**  
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ENCOURAGE. EMPOWER. ACHIEVE

**RESPIRE ACTIVITY**

# ART CLASSES

**GROUP  
ACTIVITY**

This is a Group Workshop, so you can have fun – switch off, and make some new friends.

This class is designed to give you the freedom to express your style.



Logan West Community  
ArtShare Alliance, Hillcrest

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# RESPITE PACKAGE INCLUSIONS



**HORIZON**  
COMMUNITY SERVICES  
ENCOURAGE. EMPOWER. ACHIEVE

All-Inclusive Package  
STARTS AT

**\$1,298.88**

- All Materials Provided
- Light Refreshments Provided  
– Tea & Coffee Available
- Enjoy and learn a variety of Art Styles, Techniques and Media.

- 
- Minimum hours of support apply, flexible to your needs.
  - Full terms and conditions apply. Please inquire to learn more.



**HOTEL  
ACCOMMODATION**



**GROUP ARTS  
ACTIVITY**



**TRANSPORTATION**



**GROCERY VOUCHER**



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**RESPIRE ACTIVITY**

# ART CLASSES

**INDIVIDUAL  
SESSION**

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COMMUNITY SERVICES  
ENCOURAGE. EMPOWER. ACHIEVE

All-Inclusive Package  
STARTS AT

**\$1,576.38**

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**HOTEL  
ACCOMMODATION**



**ART ACTIVITY**



**TRANSPORTATION**



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**RESPITE ACTIVITY**

# HYDROTHERAPY RESPITE

Enjoy guided hydrotherapy in warm water, designed to enhance mobility, build strength, improve balance, and encourage deep relaxation



Logan West Aquatic Centre

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# RESPITE PACKAGE INCLUSIONS



**HORIZON**  
COMMUNITY SERVICES  
ENCOURAGE. EMPOWER. ACHIEVE

All-Inclusive Package  
STARTS AT

**\$1,635**

Delivered by an experienced physiotherapist

Hydrotherapy sessions use the therapeutic benefits of warm water to assist with movement, strength, balance, and relaxation.

- Minimum hours of support apply, flexible to your needs.
- Full terms and conditions apply. Please inquire to learn more.



**HOTEL  
ACCOMMODATION**



**HYDROTHERAPY  
SESSION**



**TRANSPORTATION**



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**RESPIRE ACTIVITY**

# REMEDIAL MASSAGE RESPIRE

Relax, recharge, and restore  
with remedial massage.



- In-clinic at ACCESS Logan (Meadowbrook)
- Home visit for participants preferring in-home care

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# RESPITE PACKAGE INCLUSIONS



**HORIZON**  
COMMUNITY SERVICES  
ENCOURAGE. EMPOWER. ACHIEVE

All-Inclusive Package  
STARTS AT

**\$1,635**

Remedial massage targets muscle tension, circulation, and stress relief. It is provided by qualified therapists under supervision and complements physiotherapy support.

- Minimum hours of support apply, flexible to your needs.
- Full terms and conditions apply. Please inquire to learn more.



**HOTEL  
ACCOMMODATION**



**REMEDIAL MASSAGE**



**TRANSPORTATION**



**GROCERY VOUCHER**



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## HEALTH & WELLNESS SESSION

### Regulate Your Nervous System & Reset Your Focus

A powerful reset before and during stress

- Stress & Anxiety Management
- Chronic Pain Management
- Mind / Body Awareness



**RESPIRE ACTIVITY**

# MIND & BREATH RESET



### What is Mind & Breath Reset?

It's a 60-minute session combining proven mindset & breath techniques helping participants regulate their nervous system, think more clearly, and build resilience during stress moments.

**BOOK NOW!**



In-clinic at  
1-3 Helen St. Hillcrest

- Home visit for participants preferring in-home care

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# RESPITE PACKAGE INCLUSIONS



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All-Inclusive Package  
STARTS AT

**\$1,583.88**

## What Students Will Learn:

- How to interrupt stress and panic in real time
- Breath practices that calm the nervous system
- Tools to stay focused during stressful moments
- Mindset techniques to reframe self-doubt and build confidence
- Anchoring techniques they can use anytime
- Full terms and conditions apply. Please inquire to learn more.



**HOTEL  
ACCOMMODATION**



**MINDSET & POWERFUL  
BREATHING TECHNIQUES**



**TRANSPORTATION**



**GROCERY VOUCHER**



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