









**\$1,343.88** 



\*\*\*\*\*\*\*\*

- Capacity Building
- Community Social & **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** 



**SUPPORT STAFF** 

### **BOOK NOW!**

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All-Inclusive Package **STARTS AT** 

\$1,741.38

### **Integrated NDIS Access Activities**

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- Capacity Building
- Community Social & **Participation**
- Employability skills
- Minimum hours of support apply, flexible to your needs.
- Full terms and conditions apply. Please inquire to learn more.



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**ART THERAPY ACTIVITY** 



**TRANSPORTATION** 



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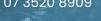
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**\$1,298.88** 



- 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.



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**GROUP ARTS ACTIVITY** 



**TRANSPORTATION** 



**GROCERY VOUCHER** 



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All-Inclusive Package **STARTS AT** 

\$1,576.38



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- 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.



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**ART ACTIVITY** 



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# RESPITE PACKAGE







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.



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HYDROTHERAPY SESSION



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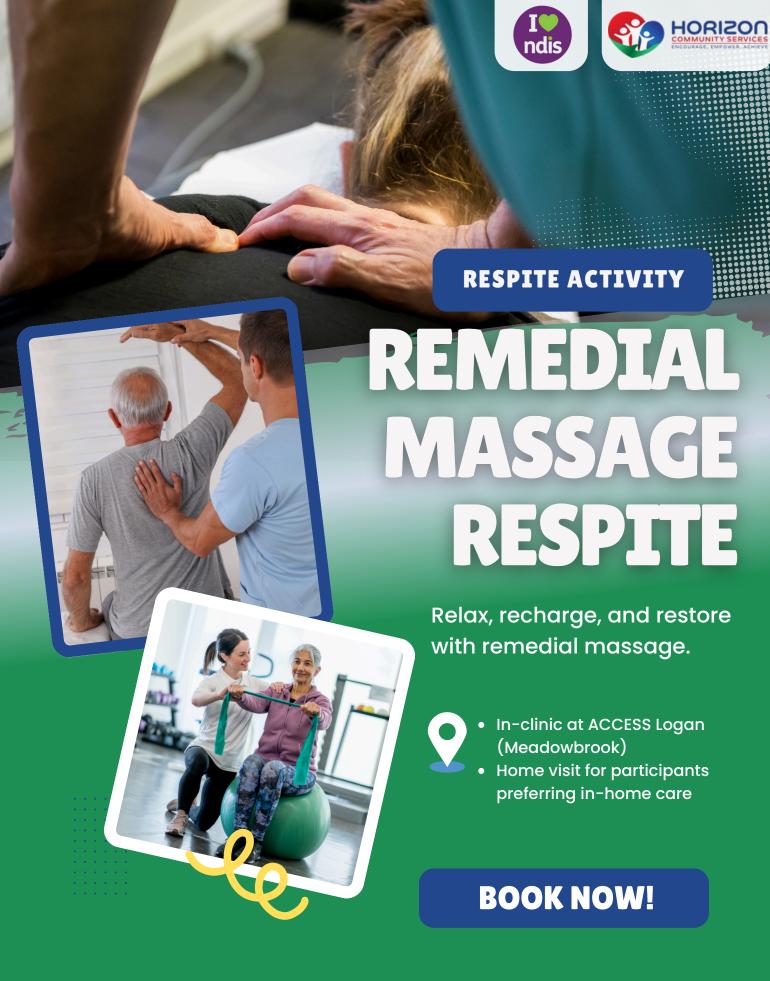


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# RESPITE PACKAGE INCLUSIONS







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** 



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### HEALTH & WELNESS SESSION

**Regulate Your Nervous** System & Reset Your Focus

A powerful reset before and during stress

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



# MINDS 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 Tols INCLUSIONS







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** 



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