



Empower!

Our Empower! Program offers a wide range of fun and educational activities, supporting you to live your best life. Available individually or in a small group setting. Your program choices can be delivered in your own home, out in the community, at one of our Empower! centres or during respite stays. Our team work with you to create opportunities for you to work towards and achieve your goals.

Empower! provides assistance with daily living, health & wellbeing, work readiness, relationship building and importantly, helps people connect with their community and participate.

mymomentum.org.au
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Daily Living

Our Daily Living programs have a focus on building skills and experience in independence and daily living.

Program	Description
<i>My</i> Budget	Budgeting & Money Skills Learn the skills required to help you better manage your money. Helping you develop independence in a key area of your life.
<i>My</i> Learning	Computers Develop new skills or fine tune your existing ones to take your computer abilities to the next level. Work closely with our support staff on a variety of skill sets, aimed at meeting your needs. Numeracy & Literacy Get support to better your skills in either numeracy and/or literacy. We can tailor programs to work at your level and meet your needs in this area. Rent it Keep it The Rent it Keep it training package is designed to equip participants to obtain and sustain a private rental property. It is particularly designed for participants who have had little experience in the private rental market. The package consists of 12 topics.
<i>My</i> Home	Food Preparation, Hygiene & Safety We can help you build skills to ensure you are safe and healthy for yourself and others when it comes to handling and eating food. Shopping We can help to get to the shops, navigate them and better understand how to access them or even support you to learn to shop online. Domestic Skills Build critical skills to better maintain your living space, become more independent and be proud of yourself.

Health & Wellbeing

Feel fit, healthy and relaxed. Be YOU and proud of it! We tailor activities that meet your needs and skill levels.

Program	Description
<i>My</i> Fit	<p>Walking Find a support person to pair up with or join a group and get out there.</p> <p>Pilates A great way to stretch out those muscles, relax and meet new people.</p> <p>Gym Looking to get support to join a gym, access equipment, set programs or exercise routines, let support person help you tailor something to meet your needs and achieve you goals.</p> <p>Swimming Whether it's at the beach, the creeks or the pool, we'll help you get there, participate and have fun.</p> <p>Sporting Groups A great way to meet new people, feel part of something and exercise at the same time.</p>
<i>My</i> Relaxations	<p>Yoga & Meditation Take time to breath, relax and let go of life stresses for a while, staying healthy and fit at the same time.</p>
<i>My</i> Self-Expression	<p>Art/Photography Individual and group art and photography classes to explore your expressive side.</p> <p>Music Learn to play an instrument, participate in jam sessions or explore new ways to listen – our music groups are a great way to do this.</p>

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<i>My</i> Self-Expression	Dance A great way to have fun, be active and let it all out. Drama Express yourself in a way you hadn't considered before, or maybe you have? Come and have some fun with our drama group.



Work Ready

Looking to get into the workforce? Our programs will support you to be job ready, with opportunities to find your interests and work towards employment you can be proud of.

Program	Description
<i>My</i> Volunteering	Volunteering We can offer support to help you get out into the community and seek volunteer opportunities in a career you may be considering.
<i>My</i> Skill Building	Resume Building Need help to develop a resume that helps you find the job you're looking for, we can help! Developing real life work skills We can help you tap into real skills that are relevant to your desired employment. Helping you identify the best ways to get those hands on experiences. Accreditation and Training We can support you to access and complete training relevant to your career goals. Whether that be online or in the class room.

Social & Community Participation

Be an active member in your community! Meet other people, attend events and explore!

Program	Description
<i>My</i> Community Events	<p>Festivals Interested in attending a festival? Let us help you get there and participate.</p> <p>Concerts Noticed a concert coming up that you'd like to attend, let's go!</p> <p>Workshops Local workshops are a great way to learn new skills, sharpen existing ones and meet people with similar interests, we can help you get involved.</p> <p>Holidays Want to get away and enjoy a holiday, whatever it is, let us know and let us explore ways together to help you get there.</p>
<i>My</i> Community Groups	<p>Mens Sheds A place to feel safe and supported, with positive mentors and role models on hand to help Men work on meaningful projects, supporting people to boost confidence and feel included.</p> <p>Library Interested in reading and books, libraries have so much to offer.</p> <p>Community Gardens A great way to learn about all things produce and also have fun doing it.</p> <p>Surf Schools Learn to surf in a safe and professional way.</p> <p>Fishing Fishing clubs are a great way to fish, compete and build friendships.</p>

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Program	Description
<i>My</i> Social Outings	<p>Group Outings Join in one of our group outings and go bowling, golfing, geocaching, picnics, bingo or the movies.</p> <p>Nature walks We offer the chance for you to get out and about into nature to explore the wonders of your local region with good company, exercising and having fun along the way.</p> <p>Fishing Fishing is a great way to take some time out and maybe even catch some dinner.</p> <p>BBQ's Cook up some food, share a drink and chat at a local space. Enjoy outdoor activities and fresh air with fun people.</p>



Relationship Building

A great way to meet new people, share your interests, find new ones and build friendships.

Program	Description
<i>My</i> Connections	<p>Social Skills Looking to build confidence and learn new ways to communicate better with others, this the group is for you.</p> <p>Coffee Club We can support you to attend a café of choice, take a seat and enjoy a warm drink with good company.</p> <p>Social Club Our social club offers members the chance to get together with their peers and participate in social outings on a regular basis. Members are encouraged to take the lead and build the club that suits its members.</p>