

EMPOWERMENT PROGRAM

Inclusive NDIS-Friendly Programs at Huon Valley PCYC

Helping participants build skills, confidence & connection in a fun, safe and supportive space!



About the program

The Huon Valley PCYC Empowerment Program is a flexible, person-centered initiative designed to support children and adults with disability to build life skills, social skills, confidence and independence.



Who the program supports

- > NDIS participants (plan and self-managed)
- > All ages and abilities
- > People with a range of disabilities, including physical, intellectual, sensory, psychosocial and neurological
- > Support workers are welcome to attend



What the program focuses on

- > Life skills and everyday independence
- > Communication and teamwork
- > Confidence and social connection
- > Resilience, emotional regulation and self-esteem



How the program works

- > Individual and small group options
- > One-on-one mentoring and skill building
- > Tailored sessions based on individual goals
- > Run by trained, qualified facilitators
- > Compliant with NDIS practice standards



Activities and facilities

- > Gymnastics, dojo & indoor playground
- > Multi-sport courts: basketball, cricket, netball, pickleball, soccer & more
- > Cooking, art, craft, baking & slime
- > Gardening, creative zones & quiet spaces
- > Arcade games, board games & books
- > Literacy, numeracy & skill-building
- > Group games: dodgeball, dancing, obstacle courses, fitness & party games

and so much more...

**START
HERE**

Find out more today
www.hvpcyc.org.au



Call us: 03 6264 3100



Email us: contact@hvpcyc.org.au



Visit us: 72 Wilmot Road, Huonville



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