

Community Connection

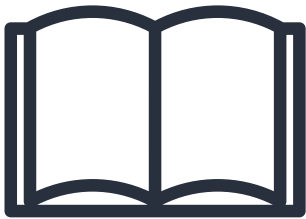


Easy English

About this book



You can ask someone to help you with this book.



Some words are blue in this guide.
To find out what this word means, go to page 12

What is Community Connection?

Community Connection is a group of programs to help you reach your goals.

You can:



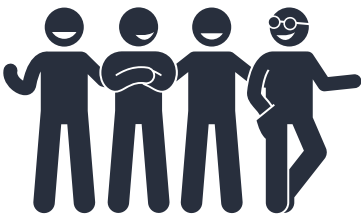
- Join a [centre-based program](#)



- Have one-on-one [support](#)

Centre-based programs

At our centre-based program you can:



- Meet new people



- Learn a new skill



- Reach your goal

One-on-one support

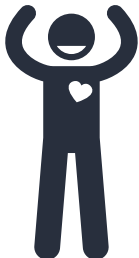
With one-on-one support you will:



- Be paired with a [support worker](#) with similar [interests](#)



- Learn a new skill



- Reach your goal

Centre-based programs

You can do these:



- Food and cooking



- Life skills



- Fitness

- Healthy living



- ICT



- Arts



- Gardening

- And more

One-on-one supports

You can learn to do many things.
For example:



- Catching public transport



- Cooking

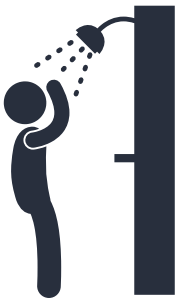


- Shopping

One-on-one supports



- Volunteering



- Personal care



- Play sports



- Be in the [community](#)

Location



Our centre-based program is at Minda Brighton.



One-on-one supports can come to your house or in the community.

Next steps



To get support you must have an NDIS plan.



Our team can help you with this.



Contact us to find out more.

Contact us

You can contact us by:



Phone: 1800 164 632



Email: hello@minda.asn.au

What do these words mean?

Centre-based program	a range of programs offered at our North Brighton location
Support	to help someone or to give assistance
Support worker	a trained person to help you
Interests	things you enjoy doing or might want to learn about
ICT	a program teaching you how to use the computer



mindainc.com.au

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