

# Community Connection – Social and Community Participation

Whether you're keen to get out and about in the community, sign up for an art class, or learn to catch public transport – whatever your goals are, our social and community supports have something for you.



Choose how you want to spend your day, with centre-based and community social and lifestyle programs designed to help you achieve your goals.

From horse riding to pottery, recreation to gardening, fitness to cooking — we have social and community programs for everyone based at Brighton.

If you prefer one-on-one support to live more independently, get active in the community or take up a hobby, our mentoring program can help you achieve your goals, with a friend to support you along the way.

No matter what your lifestyle goals are, or how you want to achieve them, we have an option for you!

Activities include:

- Activities of daily living
- Social outings and participation
- Horseriding
- Pottery
- Cooking
- Fitness and so much more!
- It's all about exploring things you never thought possible!

## How do I sign up?

Let our team know what your goals are, and we'll support you to achieve them.

We're here to help — call us today to find out how 1800 164 632 or email [hello@minda.asn.au](mailto:hello@minda.asn.au)

