

accessrec.org.au

providing support for people with disability in the Rockhampton area

*Information and pricing correct as at 1/7/2019. Prices are subject to change upon release of NDIS Price Guide on 1/7/2020.



\$153.48 per session from your NDIS plan
\$5 daily activity fee



9:00 am-3:00 pm Thursday



156 Berserker Street
Rockhampton

enquiries@accessrec.org.au

her Story

HerStory is a program designed for women aged 18 years and over who want to grow and gain new skills in a small group setting. This personal development program will not only focus on how participants present on the outside (interpersonal skills, grooming etc.) but also give participants the tools to nourish their mind and body from the inside.

Other topics in the program will include managing finances, organisational skills and managing time, personal safety, managing stress and maintaining friendships.

Engaging all the senses, this program will offer visually exciting activities (make-up, journalling), sound (dance and music), touch (massage and other beauty treatments), smell and taste (healthy eating).




Access
RECREATION INC

access the life **you want**

100 Jardine Street, Rockhampton
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Many more programs and services
available at accessrec.org.au