

Hawthorn Community House NDIS 2024 Course Guide

Be Creative

Changing Directions Music

This is a group-based program that encourages participants to explore their interests and develop skills through musical expression. It also provides a supportive social environment where members and their carers can interact and develop social networks that improves community integration and participation. This program is designed particularly for people with an Acquired Brain Injury.

Program runs weekly during school terms (approx. 40 sessions per year). Program does not run on Public Holidays.

Sessions are 2 hours.

Support Item Ref: 04_102_0136_6_1_T
\$33.23 per session

Mondays, 10:15am-12:15pm

Changing Directions Art

This group-based program encourages creative expression through the visual arts. Participants can work individually or on group projects with the support of an exhibiting artist. The group also provides a supportive social environment where members and their carers can interact and develop social skills and networks that improve community participation. This program is designed particularly for people with an Acquired Brain Injury.

Program runs weekly during school terms (approx. 40 sessions per year). Program does not run on Public Holidays.

Sessions are 2 hours.

Support Item Ref: 04_102_0136_6_1_T
\$33.23 per session

Mondays, 1:30pm-3:30pm

Wednesday Art

This program offers a welcoming and supportive group environment for people to explore their art. Participants are encouraged to work on their individual art or on group projects. As well as art, this is an opportunity for participants to engage socially and to enjoy a light morning tea.

Program runs weekly during school terms (approx. 40 sessions per year). Program does not run on Public Holidays.

Sessions are 1.5 hours.

Support Item Ref: 04_102_0136_6_1_T
\$24.92 per session

Wednesdays, 11:00am-12:30pm

NOVA Art

This program offers a welcoming and supportive open studio environment that encourages artists who have lived experience of mental illness to pursue their own artistic practice and vision. The program is run by an art facilitator who supports the group in their creative expression and participation. All materials are provided and a light lunch is served. Participants may attend for either the morning or the afternoon session, or stay for the whole day.

Program runs weekly during school terms (approx. 40 sessions per year). Program does not run on Public Holidays.

Sessions are 3 hours, from 10am - 1pm or 1pm - 4pm

Support Item Ref: 04_102_0136_6_1_T
\$49.84 per session

**Thursdays, 10:00am-1:00pm or 1:00pm-4:00pm or
Fridays, 10:00am-1:00pm or 1:00pm-4:00pm**



Cooking Small Eating Well - Community Kitchen

This is a hands on cooking program that teaches adults basic cooking skills while introducing recipes that are healthy and delicious. As well as improving functional cooking skills this program develops knowledge of preparing and eating nutritious meals. Improving cooking skills helps participants to achieve greater independence, confidence and control.

Program runs weekly during school terms (approx. 40 sessions per year). Program does not run on Public Holidays.

Sessions are 2 hours.

Support Item Ref: 04_102_0136_6_1_T
\$44.50 per session

**Tuesdays, 10:00am-12:00pm
or 1:00pm-3:00pm**



Be Curious

Crop Writing

The CROP writing group is a community of writers experiencing mental health issues and/or social isolation. With the assistance of a writing facilitator, the group explores all forms of writing (creative, nonfiction, poetry, lyrics and more) in a friendly, supportive, non-competitive environment.

Program runs weekly during school terms (approx. 40 sessions per year). Program does not run on Public Holidays.

Sessions are 2 hours.

Support Item Ref: 04_102_0136_6_1_T
\$33.23 per session

Mondays, 1:30pm-3:30pm



Community-based, social and recreational programs

Our community programs provide opportunities for people to participate in group programs that encourage creative expression and community engagement.

Our creative programs include art, music and cooking. They focus on active participation, learning new skills, and developing social connection.

We are a Registered NDIS service provider, so attending our programs can be included in your plan. We are also registered with the TAC to provide community group programs.

Our fees are charged at the rate listed in the NDIS price guide. In addition to the per session fee you will also be charged an hourly Centre Capital Cost charge and a non-face-to-face support fee. These additional charges will be detailed in your service agreement.

Most of our program run during Victorian state school terms.

For information and to register for our programs call us on **(03) 9819 2629**.



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NDIS Course Guide 2024



Term 1: January - March

Term 2: April - June

Term 3: July - September

Term 4: October - December