

Share Learn Grow

Independent Pathways and Living Skills Program I-PaLS

The I-Pals Program is designed to bring people with a disability together to build skills, confidence and independence.

A fun and supportive environment encourages participants to share, learn, grow, connect and make new friendships.

All people over 18 with a disability are welcome, with or without an NDIS plan.

By participating in this program, participants will:

Be encouraged and supported to speak up for themselves.
Be given an opportunity to grow their confidence and build their self-esteem.

Be provided with access to information and resources to help with decision making and problem solving.

To find out more call GdA on 1800 552 272



Program Content Includes:

- Interpersonal and social skills for better communication
- Building healthy social and personal relationships
- Staying safe in my community
- Understanding my human rights
- Legal rights and tenants rights
- Contributing to my community through work and volunteering
- Managing my money through budgeting and goal setting
- Cooking on a budget
- Looking after my physical and mental health
- Special guests including police & CFA

Details:

When: one day a week over six months

Where: Local Neighbourhood House or Community Centre in the Wimmera, Central Highlands, Goldfields Grampians and Pyrenees regions

To book your FREE place call 1800 552 272

www.grampiansadvocacy.org.au



Funded by the National Disability Insurance Agency