



# THE NEXT STEP



The 'Next Step' program is designed to support young adults who want to develop life and social skills that will support them to participate within the wider community.

Completing school always comes with a mixture of emotions and concerns as we are expected to know what we want to do for the rest of our lives. Some young adults have 'Gap Years' to plan the next pathway in their lives or reassess their goals.



Each participant will have the opportunity to explore their interests and address skills that need further development through supported learning and guided activities.

A focus on life skills training including;

- Daily living skills
- Travel training
- Health and fitness
- Mindfulness and well-being
- Volunteering
- Improved confidence and self-esteem
- Technology in our daily lives
- Time management and decision making
- Mapping goals and aspirations



**Where:** South East Sydney, South West Sydney, Inner West

**Session Times:** 3 days a week, 9am to 3pm

**Age:** 18-22yrs

**Cost:** NDIS funding required

For more information, please contact:  
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