

Step 2 LIFE SKILLS

STEP 2 OT
ALLIED HEALTH SERVICES





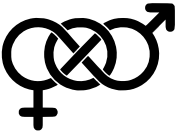




Independent living skills program
8 week program run by allied health professionals

Geelong - Wednesdays 10:30am - 12:30pm

15/2, 23/2, 2/3, 9/3, 16/3, 23/3

Colac - Thursdays 11am - 1pm

16/2, 24/2, 3/3, 10/3, 17/3, 24/3

 <p>Meal Preparation</p>	 <p>Safety in the Kitchen</p>	 <p>Safety in the Home</p>
 <p>Health and Wellbeing</p>	 <p>Sex Education</p>	 <p>Online Safety</p>
 <p>Public Transport Training</p>	 <p>Shopping for Essential Items</p>	 <p>Budgeting</p>

Please complete a referral via step2ot.com

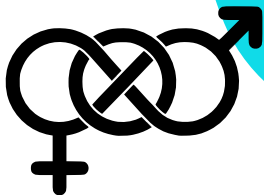
ABOUT THE PROGRAM

WHAT TOPICS WILL IT COVER?

Step 2 Life Skills aims to cover a broad range of topics that will help young adults develop the skills they require to live as independently as possible.

Topics included in the 8 week program are:

- Meal preparation
- Safety in the kitchen
- Safety in the home
- Health and wellbeing
 - Sex education
 - Online safety
- Public transport training
- Shopping for essential items
 - Budgeting



WHO IS THE PROGRAM FOR?

This program is for any individual who is ready to move into independent/supported independent living in the near future and who would like to develop their skills in a fun group setting.

All referrals will be considered based on their age, skill level, and goals to ensure the group allocation process is appropriate and best suited to each individual case.

Please consider when making a referral on behalf of a client, that their motivation towards attending a group program is present. This will ensure the individual receives the best skill development but also makes for a fun and enjoyable space for others.



REFERRAL

Please contact our Groups Coordinator via email groups@step2ot.com.