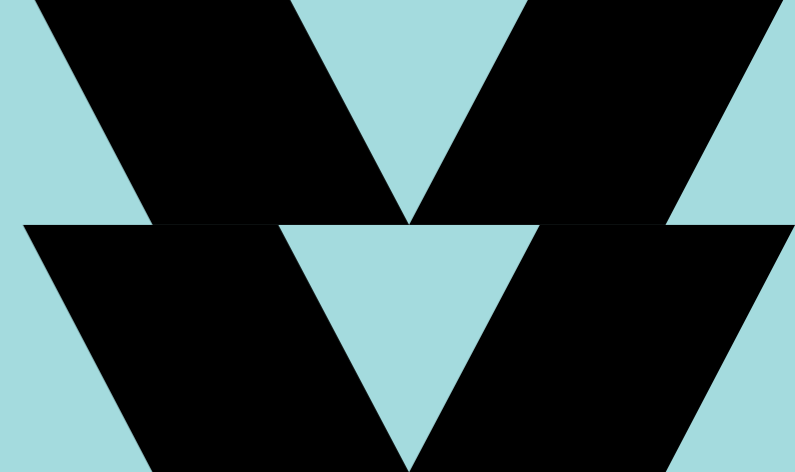


# Virtual Programs – September



	Monday 20th September	Tuesday 21st September	Wednesday 22nd September	Thursday 23rd September	Friday 24th September
<b>Session One:</b> Primary School Aged Students 10am - 11:30am	<b>Yoga and Mindfulness</b> Students will learn the benefits of yoga and mindfulness in this 1.5 hour session. Lead by a qualified O&M Instructor, children will learn how to acquire the skills and knowledge to implement this in their lives.	<b>Scavenger Hunt</b> Are you the champion at a scavenger hunt? Can you think on your feet and find items at the drop of a hat? Well we have the program just for you! Through this session we will challenge the children to solve some puzzles using household items around the house and garden.  This program will be a great way for them to engage with their peers and everyone who participates gets a prize!	<b>School Transition Session (Morning Session only)</b> Lead by an O&M Instructor, this session will provide students who are transitioning from primary school to senior school with all the assistance they will need. This will be a safe space for students to share any concerns or ask any questions about what to expect from secondary school.	<b>Q&amp;A session with a Sporting Star</b> In this session, children will be joined by a special sporting star who will talk about how they achieved excellence in their field and were able to overcome any challenges. We encourage all participants to have a think about what questions they might like to ask. This could be anything from what is your training regime, to what was one of the hardest moments of your career?  All children who participate in this session will receive a Guide Dogs water bottle!	<b>Brownie Making Cooking Class</b> It's time to get your bake on! Learn to make the most delicious chocolate brownie in this virtual cooking class. Brownie making kits will be sent to participants before the session so that all main elements will be covered.  It is advised that parents provide support to students in this session especially while using the oven.
<b>Session Two:</b> Secondary School Aged Students 2pm - 3:30pm					

**A gift for each student who joins any of the program!**

**Cost for NDIS participants is \$80 per session.**

Programs and Camps can be funded under a number of different line items. When applying to attend you will be asked to confirm how you will pay.

- 1. Innovative Community Participation NDIS reference number:** 04\_210\_0125\_6\_1 Unit cost item, specific to the program.
- 2. Community Participation Activities NDIS reference number:** 09\_011\_0125\_6-3 Unit cost item, specific to the program.

*From Guide Dogs Victoria NDIS Handbook July 2021.*

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We're here whenever you need us.

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