

# You are connected



## Learn and grow with My Life

Learn new skills, pursue your passions and hobbies and engage with the community through My Life, Achieve Australia's day program and community support service.

My Life offers more than 90 different programs at multiple locations in Sydney and the Northern Rivers region of New South Wales.

We also offer community based support programs to promote participation and social connection.

Our My Life program gives you the opportunity to:

- Learn new skills that will build confidence
- Get active and participate in the community
- Explore work options

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## Day programs

Our day programs are tailored to bring out the best in you and ensure we support you to live an extraordinary life.

We do this through:

- Teaching you new skills through drama, music and art, so you have fun as well as build confidence in your own ability.
- New skills include developing personal and professional relationships, computer skills and learning to live independently.
- Creating learning, working and volunteering opportunities. We are an inclusive organisation that actively encourages you to work and develop with us.
- Enjoying the outdoors with fun activities like exercise, swimming, day trips and much more.



## Community based support

We offer one-on-one or small community support.

We understand that sometimes, you might need support on a personal level or to meet individual goals like developing social connections or attending community events.

And don't worry, we'll make this fun too, with activities that include:

- Watching local bands perform in person
- Taking Surfing lessons
- Enjoying a good drama and much more!

Our community program is flexible and tailored to support you to meet your goals so you can have an extraordinary life.

Day Program centres are currently located in Epping, Seven Hills and Casino NSW.

Call about My Life programs  
on 1300 224438 or go to  
[info@achieveaustralia.org.au](mailto:info@achieveaustralia.org.au)

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