

Autism/Asperger's Family Network Group

Where: Murray Art Museum (MAMA), 546 Dean St, Albury

When: Thursday 9 March 2017 – 12:00pm – 2:00pm

Cost: \$25 per session – this course will require 2 sessions to complete the project.

Join this course and learn the fundamentals of pottery, including; hand molding coil bowls, wheel thrown works etc. Includes decoration by experienced tutor Kerrie Docker.

This course is subsidised by Aspire and the Together Program.

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email reception@aspire.com.au

Albury/Wodonga Down Syndrome Family Network Group

CELEBRATING WORLD DOWN SYNDROME DAY

Where: La Maison Café, Gateway Island, Lincoln Causeway

When: Sunday 19 March 2017 – 10:30am

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email reception@aspire.com.au

Attentions Deficit/Hyperactivity Disorder and/or Oppositional Defiant Disorder & related conditions Support Group

Where: The Blazing Stump, 4315 Anzac Parade, Wodonga

When: Tuesday 28 March 2017 – 1:00pm – 3:00pm

Cost subsidised.

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email reception@aspire.com.au

Dad's Group

Where: Brady's Railway Hotel, 450 Smollett Street, Albury

When: Tuesday 14 March 2017 – 6:30pm

With guest Matthew Elder from Carers NSW.

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email reception@aspire.com.au

Sole Parents Network

Where: Secret Cup Café, 86 High Street, Wodonga

When: Friday 17 March 2017 – 10am

Please contact Aspire for further information; Phone Aspire on 02 6058 4000 or email reception@aspire.com.au

220 Borella Road
Albury

PO Box 7374
East Albury NSW 2640

Tel 02 6058 4000
Fax 02 6058 4050

www.aspire.com.au
reception@aspire.com.au

Aspire Family Network Group

This is a general support group covering all disabilities everyone welcome.

Where: The Goods Shed
1/71 Church St, Wodonga

When: Friday 10 March 2017
12 noon

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email reception@aspiress.com.au

Healthy Mother's Healthy Families Support Group

Following on from last year's Healthy Mothers Healthy Families workshop, this group will meet on a regular basis to explore health and wellbeing activities for mothers of children and adults who have a disability.

Where: Hovel Tree Park

South Albury

When: Tuesday 7 March – 9:15am
Tuesday Morning Walking Group
Thursday 2, 16 & 30 March – 9:15am
Thursday Morning Walking Group

Where: WAVES, Wodonga

When: Monday 6, 20 & 27 March – 9:15am
Monday Morning Swimming Group

(Please note: Monday 13 March is the Labour Day Public Holiday in Victoria)

March "Special Event" is Yoga with Rachel

Where: Near the Riverdeck Café,
Noreuil Park, South Albury

When: Tuesday 21 March – 9:30am

Cost: \$5.00 per person

Please bring towel or a yoga mat if you have one and wear comfortable clothing.

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email reception@aspiress.com.au

Albury Wodonga Home Schooling Family Network Group

Where: The Artspot

When: Thursday 30 March 2017
Gateway Island
Lincoln Causeway
1:00pm – 2:30pm

Cost: \$5.00 per child

Making structures with CD's – Janine Castillo – Art Therapist.

This session is subsidised by Aspire and the Together Program.

Please RSVP for planning purposes; Phone Aspire on 02 6058 4000 or email reception@aspiress.com.au



FREE WORKSHOP FOR CARERS



CARERS AND THE NDIS WORKSHOP



A free workshop for carers of someone with a disability

Designed to help carers get the best outcome from the NDIS for the person they care for and for themselves!

This workshop specifically focuses on building knowledge and skills to make informed choices when accessing the NDIS for both the participant and the carer.

"Enjoyed the workshop...My awareness of NDIS and my function as a carer has increased in regard to accessing the NDIS" Carer, Blue Mountains

FOR: Family members caring for someone with a disability

LOCATION: Albury

DATE: Monday 13th March 17
6:00pm - 8:30pm

Tuesday 14th March 17
10:00am - 2:00pm

VENUE: Aspire Support Services
Conference Room
Borella Road

RSVP: To register go to www.surveymonkey.net/r/carersndiworkshop

For more information phone 02 9280 4744 or email together@carersnsw.org.au

SUPPORTS ALL CARERS - AN AUSTRALIA THAT VALUES AND SUPPORTS ALL CARERS - AN AUSTRALIA THAT

www.carersnsw.org.au contact@carersnsw.org.au CARER LINE 1800 242 636 PO Box 785 North Sydney NSW 2059