

I create



Achieve's My Life services include centre and community-based day programs, life skills learning courses and regular social activities.

There are 3 centres located at Epping, Seven Hills and Casino in the Northern Rivers region of NSW.

Day programs

We offer a choice of 90 different activities for those attending our day programs where you can get build confidence and participate in the community.

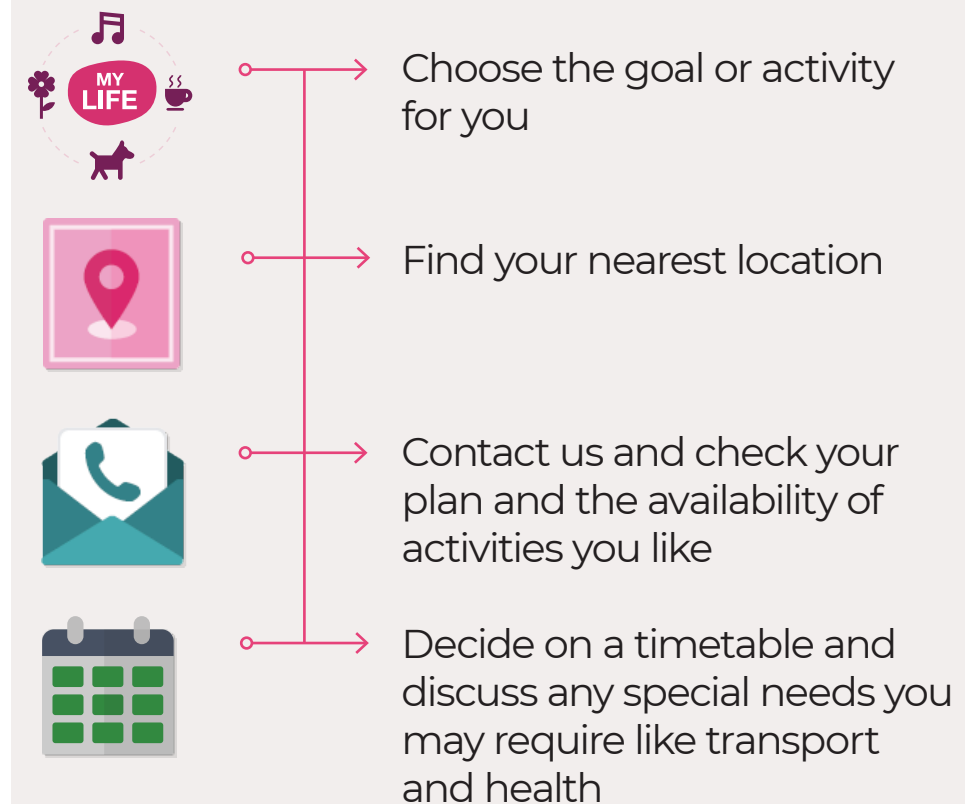
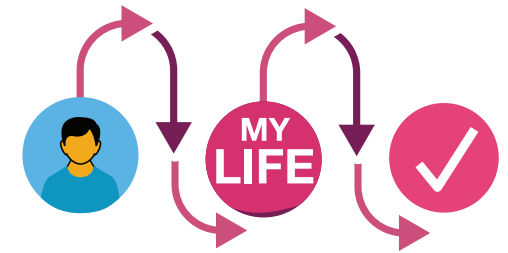
My life, My say

Young adults can access our exciting new program, My life, My say, offering life skills learning that builds independence. Courses include communication skills, self-advocacy, moving out of home and transport in the community.

My life after 5

My life after 5 is a Friday night social hangout. You can come along to build social connections and have fun doing community and centre-based activities you enjoy.

How to get into a My Life activity at Achieve



Call **1300 22 44 38** now or go to **achieveaustralia.org.au**