



Learn and grow with My Life

Learn new skills, pursue 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 through multiple Day Program centres in Sydney and the Northern Rivers region of New South Wales.

We also offer Community Based Support programs to enhance community participation and social connection.

My Life experts offer opportunities for people with disability to:

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



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Day Programs

Based on your talents, hobbies and interests, Achieve will work with you to explore and find solutions to suit your needs, engage in activities of your choice and create opportunities to suit your preferences.

Examples of activities may include:

- Learning new skills to build your confidence such as literacy and numeracy, travel training, computer skills, cooking and independent living
- Get active and participate in the community through exercise, swimming, sailing, camping, day trips, photography, music, art and drama
- Explore work options through transition to work, volunteering and work experience opportunities.

Community Based Support

Through My Life, Achieve offers one-on-one or small group community based support. Our team provides assistance to people with disability to participate in activities of their choice to help meet their individual goals, such as:

- Maintaining social networks
- Skill development
- Attending local community events

Some of our recent participants have joined 'Girls Night Out' activities, seen local bands perform and taken lessons with SurfAbility.

Services are flexible and individually tailored to meet your needs and preferences.

Contact an Achieve Australia expert

Contact an Achieve expert to find out how we can support you to live a valued and meaningful life.

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

We are also taking expressions of interest in other areas to help inform future locations.

To view a sample Day Program schedule, please visit the Achieve Australia website
achieveaustralia.org.au/my-life

If you have an enquiry about My Life and would like to speak to an expert, please get in touch.

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