

# AFTER SCHOOL SUPPORT FOR TEENS TIMETABLE

Out of school support for young people is an opportunity for Year 11 and Year 12 students to get involved in a whole range of skills development and fun activities.

Days: **Tuesday & Thursday**

Time: **3:30pm to 5:30pm**

Venue: **DSA Community Solutions,  
Unit 10, 16-18 Northumberland Road,  
Caringbah 2229.**

Program activities are for young people between the ages of 16 to 18 and include:

## **Make Music**

Groove in the band workshop, learn to play a musical instrument, enjoy Rockband and karaoke.

## **Ready, Steady, Cook!**

Learn to prepare delicious meals like pizzas, mini burgers, muffins and much more.

## **FitTeen**

Indoor sport programs like table tennis, foosball and basketball shooter to have fun and keep fit.

## **Chill Out Games**

Spend an afternoon playing games on the Xbox and PS4.

## **Creative Craft**

Enjoy card making, mindfulness colouring, painting your own mug.

Services are available with eligible NDIS funding or on a fee for service basis.

Spend time in a friendly, secure environment, meet new people and make new friends.

Contact us now to register your interest.

For more information call Georgina Campbell,  
Service Manager on

☎ 0490 305 390

☎ 1300 372 121

✉ [customerconnections@dsa.org.au](mailto:customerconnections@dsa.org.au)

🌐 [www.dsa.org.au](http://www.dsa.org.au)



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