



Thursday

Musical Expression

Dive into the world of music therapy. Experiment with various instruments, engage in singing, performing & collaborating with peers. This session is about supporting each other through the universal language of music

Physical Exercise

Get Moving with the choice of a personal training session at a fully equipped gym, or participate in an inclusive soccer or basketball session at a local stadium, where teamwork and physical health take the front seat

Friday

Equine Session or Volunteering

Experience the power of equine therapy. Focus on teamwork, encouragement & problem solving while interacting with horses. OR

Volunteer on our Meals on Wheels Program - delivering nutritious meals to aged and vulnerable people in our community.

Explore Nature

Conclude your week by connecting with nature. Explore Melbourne's beautiful walking trails and parks, embracing the tranquility & beauty of the natural world.

Join our community

Planet Possible is more than just a service, it's a community where young individuals with disabilities can thrive, explore & grow. Our dedicated and highly experienced team, ensure a safe, respectful & fun-filled environment for everyone

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PLANET POSSIBLE



POST SCHOOL

DAY PROGRAMS

Our post school day programs, are designed to empower participants with disabilities through diverse, enriching experiences. Each day has a unique blend of activities aimed at promoting wellness, community participation, independence and personal growth

Wednesday

Experience your world

Embark on an urban adventure with our travel training program. Learn to navigate Melbourne's public transport system, handle money with confidence and explore the city's rich tapestry of sights and sounds. This day is about gaining independence and discovering all that Melbourne has to offer.



Tuesday

Community Service

Give back to the community by volunteering at local services and assisting those in need.

Swimming & exercise

Focus on health and wellbeing with a warm-up gym and exercise session followed by a relaxing morning swim

Learn Rhythm & Beats

Immerse yourself in the vibrant rhythm's of Africa with our African drumming session. Discover the beat of the African drum, learn new skills and express yourself through music.



Monday

Mindfulness & Wellbeing

Start your week with tranquility. Join our health & wellbeing professionals, for a session of light exercise, sound baths, mindfulness & meditation. This serene start is designed to balance your mind & body, preparing you for the week ahead.

Garden Volunteering or Swimming

Getting out in nature and volunteering at a local community garden where we learn to grow our own food, do garden maintenance and enjoy the peaceful space and fresh air OR Swimming, water movements, laps in the pool and relaxation.