

MONDAYS

Starting
Monday
10th
February



THE SOCIALITES 3:00PM - 6:00pm

Join The Socialites to get out and about in the community with like-minded people visiting some exciting venues and attractions.

Community Based



TUESDAYS

Starting
Tuesday
11th
February



THE SOCIALITES 10:30 - 1:30pm

Join The Socialites to get out and about in the community with like-minded people visiting some exciting venues and attractions

Community Based



THRIFTY CREATIONS 3:00 - 5:00pm

Join us in transforming second-hand thrift shop finds into fashionable or up-cycled pieces. We will explore thrift shops for treasures and get our craft on with like-minded peers

RYSS Wyong & Community Based



DUNGEONS & DRAGONS 5:30 - 7:30 pm

Bring your creative mind and your best story line to help us create a social game we can get 'lost' in a role-playing adventure!

RYSS Wyong

WEDNESDAYS

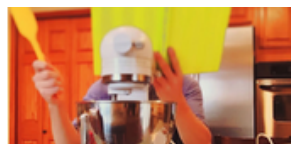
Starting
Wednesday
12th February



COOKING 12:00 - 2:00pm

Have fun learning basic cooking skills in a vintage homestyle kitchen with a small group under the guided support of our facilitator

RYSS Wyong



COOKING 3:00pm - 5:00pm

Have fun learning basic cooking skills in a vintage homestyle kitchen with a small group under the guided support of our facilitator

RYSS Wyong



HEALTHY GAMING 5:30pm - 7:30pm

Healthy Gaming is designed to establish an inclusive gaming community where young people can develop gaming skills and build social & supportive connections

RYSS Wyong



Scan the QR Code to enrol in any of our Abilities Groups

THURSDAYS

Starting
Thursday
13th February



PARENTING WITH PURPOSE 10:00am - 12:00pm

A supportive group for young parents to build life skills, connect with peers, and strengthen family bonds through practical activities and shared experiences.

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COOKING 10:00am - 12:00pm

Have fun learning basic cooking skills, a variety of easy to cook at home recipes and getting to know each other

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HEALTHY HABITS 4:00 - 6:00pm

Healthy Habits focusses on healthy food, good sleep, healthy body & healthy mind, and it's all about thriving

RYSS Wyong



Regional Youth Support Services Inc.

4323 2374

reachout@ryss.com.au

RYSS Abilities North Wyong Centre

46 Alison Road, Wyong NSW 2259

www.ryss.com.au

FRIDAYS

Starting
Friday
14th
February



PHOTOGRAPHY 3:30pm - 5:30pm

Join us in a journey of creativity through photography! Our program fosters self-expression, confidence, and practical skills

Community Based

