

## MONDAYS

Starting Monday  
10th February



### THE SOCIALITES 10:00 - 1:00pm

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

Community Based



### COOKING 12:00 - 2:00pm

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

RYSS Wyoming



### COOKING 3:00 - 5:00pm

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

RYSS Wyoming



### 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 Wyoming

## TUESDAYS

Starting Tuesday  
11th February



### COOKING 11:00 - 1:00pm

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

RYSS Wyoming



### COOKING 1:30 - 3:30pm

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

RYSS Wyoming



### SHAKE & CREATE 3:30 - 5:30pm

Get creative making crazy shakes for our afternoon tea and carry the inspiration through to explore lots of creative art and craft projects.

RYSS Wyoming



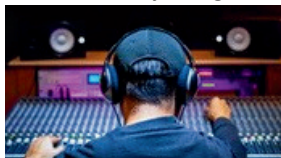
### HEALTHY GAMING 5:30 - 7:30pm

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

RYSS Wyoming

## WEDNESDAYS

Starting Wednesday  
12th February



### MUSIC MAKERS 10:00 - 12:00pm

Learn the art of music production from writing the rhymes, mixing the beats and recording tracks all will be covered in this weekly program.

RYSS Wyoming



### PHOTOGRAPHY 3:30 - 5:30pm

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

Community Based



## THURSDAYS

Starting Thursday  
13th February



### WORK READINESS 1:00 - 3:00pm

Work Readiness is a weekly program to help young people develop skills to get ready for the workforce.

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### 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

Wyoming & Community Based



### HEALTHY GAMING 5:30 - 7:30pm

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

RYSS Wyoming

## FRIDAYS

Starting Friday  
14th February



### THE SOCIALITES 10:00 - 1:00pm

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

Community Based



### PARENTING WITH PURPOSE 10:00 - 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.

RYSS Wyoming & Community Based



### DUNGEONS & DRAGONS 3:30pm - 5:30pm (12 - 17)

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!

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### DUNGEONS & DRAGONS 5:30 - 7:30 pm (18+)

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!

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## ENROL TODAY!

Use the QR Code for more information or to enrol in any of our Abilities Groups



Regional Youth Support Services Inc.  
4323 2374  
reachout@ryss.com.au

RYSS Abilities South Wyoming Youth Skills Centre

9 Warrawilla Road Wyoming 2250

[www.ryss.com.au](http://www.ryss.com.au)