

# Empowering

# Horizons

Mentoring and LifeSkills  
programs

## About Us

- We believe in creating an environment that promotes lifelong learning and develops and fosters friendships. With a deep passion for disability and education, our journey began with a vision to create a safe and inspiring space to grow, learn, and thrive in every aspect of life.
- We have come from a Special Education background and all of our activities are selected and modified along with clients and families to develop a program to best suit individual needs, interests and NDIS goals.
- Our mission is to help build capacity, resilience and independence while having an emphasis on fun and friendship.

## Our Facility

- Our home base is a large property with kitchen facilities, games areas (both indoors and outdoors), sensory room and separate rooms for different activities.
- On the property we also have a wide range of farm animals that clients can interact with, feed and learn all about.

## Our Location

477 One Tree Hill Road, One Tree Hill, SA

(About 10mins from Golden Grove)

<https://empoweringhorizons.com.au/>

Please Contact us on

0482 384 471

[info@empoweringhorizons.com.au](mailto:info@empoweringhorizons.com.au)



# Programs on Offer

- DAY OPTIONS - 8:30am - 3:30pm
- AFTER SCHOOL PROGRAM - 3:00pm - 6:30pm
- SCHOOL HOLIDAY PROGRAM - 8:30am - 3:30pm and 3:30pm - 6:30pm if required
- UNDER 18 AND 18+ WEEKEND MENTORING - 8:30PM - 3:30PM AND SOME AFTERNOON/NIGHT EXCURSIONS FOR 18+
- UNDER 18 AND 18+ RESPITE GETAWAYS
- SPECIAL EVENT ATTENDANCE
- 1:1 SUPPORT CAN ALSO BE PROVIDED IF REQUESTED FOR APPOINTMENTS, MENTORING AND LIFESKILLS.

## Extra Info

- 1:2 ratio of care (unless otherwise required)
- No out of pocket Expenses for excursions excluding food and drinks, airfares and special events (at group discount prices)
- Free pick up and drop off service (excluding airport transfers). Pick up and Drop off will occur sometime during the first and last 30mins of sessions.

## Activities

(Not limited to..)

### COOKING CLASSES

Clients will learn daily living skills through shopping and preparing recipes.

### FUN, FITNESS AND OUTDOOR EDUCATION

Clients will have the opportunity to play sports, undertake fitness classes, go bushwalking etc all while making friends and improving on their fitness.

### ANIMAL CARE

Clients will have the opportunity to interact, feed, and learn how to take care of the onsite animals.

### ART AND CRAFTS

Clients will get their creative juices flowing in a variety of art and crafts using different mediums

### OTHERS

Discos, Karaoke, Games, Movies, Building, Lego etc

### HOME WORK ASSISTANCE

During the after school program homework assistance can be provided if requested.

## COMMUNITY ACCESS AND EXCURSIONS

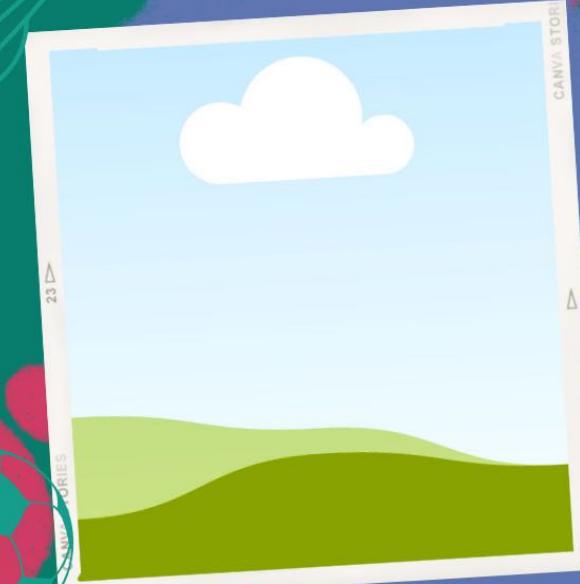
Clients will have the opportunity to foster and build friendships while getting out and about in the community.

### RESPITE GETAWAYS

Clients will have the opportunity to get away with friends and practice social skills and build resilience and independence with support

### SPECIAL EVENTS ATTENDANCE

Clients will have the opportunity to attend special events throughout the year as they come up. These can be performances, sports events, concerts and any other special events held in and around Adelaide.



# Empowering

## Horizons

### Day Options Program

#### Important info

- 8:30am - 3:30pm including pick up and drop off time (if required)

#### WHAT'S INCLUDED

- Transport if required
- Entry Fees
- Resources for all activities
- 1:2 ratio support (unless 1:1 is requested and funded)
- Lunch on Fridays

#### WHAT TO BRING

- Water Bottle
- Hat
- Sunscreen
- A packed lunch on Tuesdays and Thursdays.
- A packed lunch or adequate money to purchase on Mondays and Wednesdays (unless packed lunch requested)

#### MONDAYS

#### BE ACTIVE



#### TUESDAYS

#### ARTS, CRAFTS AND BUILDING



#### WEDNESDAYS

#### COMMUNITY ACCESS



#### THURSDAYS

#### DAY AT THE FARM



#### FRIDAYS

#### COOKING



Ready to Book or  
want to chat further

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# Example of Day Options Program

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11
Monday	27th Jan Australia Day (Public Holiday)	3rd Feb Morialta falls Walk and park (Packed lunch)	10th Feb Henley - Grange Beach Walk	17th Feb Water World Modbury	24th Feb Waterfall Gully Walk (Packed lunch)	3rd Mar Mega Courts Indoor Sports	10th Mar Adelaide Cup Day (Public Holiday)	17th Mar Woodhouse (Packed lunch)	24th Mar Hallett Cove Board Walk	31st Mar Salisbury Bowland	7th Apr Tanunda Dinosaur Mini Golf
Tuesday	28th Jan Bird Feeders	4th Feb Tie Dye Clothing	11th Feb Valentines Wooden Heart Mosaics	18th Feb Glass Paintings	25th Feb Clay sculptures	4th Mar Painting clay sculptures	11th Mar Animal Lamps	18th Mar Keyrings	25th Mar Picasso Faces	1st Apr Mandala Paintings	8th Apr Shrink a Dinks
Wednesday	29th Jan SA Aquatic and Leisure Centre	5th Feb Glenelg	12th Feb Gorge Wildlife Park	19th Feb Sausage sizzle at Thorndon Park	26th Feb Hahndorf and Strawberry picking	5th Mar Airport and Harbour Town	12th Mar Game Lobby Mt Barker	19th Mar Central Markets and MOO	26th Mar Monarto Zoo	2nd Apr Carrick Hill (Packed lunch)	9th Apr Semaphore Cinemas (Movie TBC)
Thursday	30th Jan Day at the Farm	6th Feb Day at the Farm	13th Feb Day at the Farm	20th Feb Day at the Farm	27th Feb Day at the Farm	6th Mar Day at the Farm	13th Mar Day at the Farm	20th Mar Day at the Farm	27th Mar Day at the Farm	3rd Apr Day at the Farm	10th Apr Day at the Farm
Friday	31st Jan Hamburger and Fruit Salad with Ice cream	7th Feb Caesar Salad and Blue Berry Muffins	14th Feb Baked Potatoes and Chocolate Chip Cookies	21st Feb Chicken Nuggets with Chips and Cupcakes	28th Feb Pizza and Baked Donut muffins	7th Mar Chicken Burger and Brownies	14th Mar Rice Bowl and Apple Crumble	21st Mar Chicken Carbonara and Honey Joys	28th Mar Stir Fry and Banana Bread	4th Apr Tacos and Pancakes	11th Apr Spaghetti Bolognaise with Garlic bread and

Please let us know if you require support on the public holiday as an alternate program can be provided.

# Empowering Horizons

## Afterschool Program

### Important info

- 3:00pm - 6:30pm including pick up and drop off time (If required)

#### WHAT'S INCLUDED

- Transport if required
- Resources for all activities
- 1:2 ratio support (unless 1:1 is requested and funded)
- Afternoon Snack

#### WHAT TO BRING

- Water Bottle
- Hat

Clients will have the choice of a variety of activities including: Cooking, Playground, Mini Golf, Animal feeding and care, Gardening, Games, Movies, Table Tennis, Basketball, Art etc. Home work support can also be provided if requested.



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# Empowering

## Horizons

Under 18 Weekend  
Mentoring Program  
1st Feb - 20th Apr

### Important info

- 8:30am - 3:30pm including pick up and drop off time (if required)

#### WHATS INCLUDED

- Transport if required
- Entry Fees
- Resources for any activities
- 1:2 ratio support (unless 1:1 is requested and funded)

#### WHAT TO BRING

- Water Bottle
- Hat
- Sunscreen
- A packed lunch or adequate money to purchase



Sat 1st Feb Sausage sizzle at Thorndon Park	Sun 2nd Feb Gorge Wildlife Park	Sat 8th Feb SA Aquatic and Leisure Centre	Sun 9th Feb Morialta Falls and Park	Sat 15th Feb Glenelg	Sun 16th Feb Salisbury Bowland
Sat 22nd Feb Water World Modbury	Sun 23rd Feb Carrick Hill	Sat 1st Mar Hamndorf	Sun 2nd Mar Woodhouse	Sat 8th Mar Inflatable World Modbury	Sun 9th Mar Sausage sizzle Freedom Park Two Wells
Sat 15th Mar Fringe Show (TBC)	Sun 16th Mar Tanunda Dinosaur Mini Golf	Sat 22nd Mar Sausage Sizzle at St Kilda Playground	Sun 23rd Mar Plaster Fun House	Sat 29th Mar Victor Harbor and Granite Island	Sun 30th Mar Semaphore Cinemas
Sat 5th Apr Game Lobby Mt Barker	Sun 6th Apr Archie Badenoch dolphin cruise and maritime museum	Sat 12th Apr Adelaide Gaol	Sun 13th Apr Archie Brothers Rundle Place	Sat 19th Apr Wizbang	Sun 20th Apr Easter Sunday (Public Holiday)

### Example of Program

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# Empowering Horizons

18+ Weekend  
Mentoring Program  
1st Feb - 20th Apr

## Important info

- 8:30am - 3:30pm for daytime activities and 4:30 - 10:30pm for nighttime activities including pick up and drop off time (if required)

### WHATS INCLUDED

- Transport if required
- Entry Fees
- Resources for any activities
- 1:2 ratio support (unless 1:1 is requested and funded)

### WHAT TO BRING

- Water Bottle
- Hat
- Sunscreen
- A packed lunch or adequate money to purchase



Sat 1st Feb	Sun 2nd Feb	Sat 8th Feb	Sun 9th Feb	Sat 15th Feb	Sun 16th Feb
Glenelg	Salisbury Bowland	Victor Harbor and Granite Island	Semaphore Cinemas	Water World Modbury	Carrick Hill
Sat 22nd Feb	Sun 23rd Feb	Sat 1st Mar	Sun 2nd Mar	Sat 8th Mar	Sun 9th Mar
Sausage Sizzle at St Kilda Playground	Plaster Fun House	SA Aquatic and Leisure Centre	Morialta Falls and Park	Fringe Show (TBC)	Tanunda Dinosaur Mini Golf
Sat 15th Mar	Sun 16th Mar	Sat 22nd Mar	Sun 23rd Mar	Sat 29th Mar	Sun 30th Mar
Game Lobby Mt Barker	Adelaide Central Markets	Harndorf	Woodhouse	Archie Badenoch dolphin cruise and maritime museum	Hills scenic drive and lunch at Sterling
Sat 5th Apr	Sun 6th Apr	Sat 12th Apr	Sun 13th Apr	Sat 19th Apr	Sun 20th Apr
Adelaide Gaol	Archie Brothers Rundle Place	Halgies and Melbas Chocolate Factories	Sausage sizzle at Thorndon Park	Gorge Wildlife Park	Easter Sunday (Public Holiday)

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# Empowering Horizons

## Special Events and Respite Getaways

### Important info

- Event and Getaway Information will come out for expressions of interest as soon as practicable

#### WHAT'S INCLUDED

- Transport
- 1:2 ratio support (unless 1:1 is requested and funded)

#### WHAT TO BRING

- Water Bottle
- Packed food or money to purchase

#### CLIENT RESPONSIBILITY

- Clients will be responsible for the cost of admission to events and airfares where required. We will make all purchases to endeavor to get group discounts where available and a request for payment will be made prior to the event.

Some examples of events and getaways that could be on offer

#### Sports Events



#### Music Events



#### Local Getaways



#### Theatre



#### Overnight Camps



#### Festivals



#### Interstate Getaways



#### Motor Sports



#### Other Events



Client  
requested  
events

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# Empowering Horizons

School Holiday  
Program

## Important info

- 8:30am - 3:30pm including pick up and drop off time (if required)
- An extended program until 6:30pm can be added if required

### WHAT'S INCLUDED

- Transport if required
- Entry Fees
- Resources for all activities
- 1:2 ratio support (unless 1:1 is requested and funded)
- Lunch on Fridays

### WHAT TO BRING

- Water Bottle
- Hat
- Sunscreen
- A packed lunch on Tuesdays and Thursdays.
- A packed lunch or adequate money to purchase on Mondays and Wednesdays (unless packed lunch requested)

MONDAYS

BE ACTIVE



TUESDAYS

ARTS, CRAFTS AND  
BUILDING



WEDNESDAYS

COMMUNITY ACCESS



THURSDAYS  
DAY AT THE FARM



FRIDAYS  
COOKING



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