

# Make your move

# MINDA

MyPathway to Day  
Options program

with open hearts  
we open minds



Begin your move to an exciting future and experience programs tailored to help students 16 years and older gradually transition from school, to Day Options as part of Minda's new transition to Day Options program.

With feedback from schools and families, each program has been specifically designed to give you a taste of what Minda's Day Options programs have to offer. Our friendly team will help maintain your regular school routine while you take part in one three-hour session each Saturday morning from 9.30am - 12.30pm to keep your move as stress-free as possible.

**Spend  
your day  
your way.**



### **The program includes:**

- Beautiful site just off the beach front.
- Tastes of Gardening, Cooking, ICT, Creative Arts, Leisure and Recreation, Music and much more.
- Services consistently delivered by our team, so you can get to know them before finishing with school.
- Build new skills and make new friends through a hands on approach in fostering social connection.
- Regular planned morning tea for families to receive updates on the program, and create social connections between those involved.

“ Transitioning out of a school environment can be daunting, but Zoe has been able to create meaningful friendships with other young adults, while taking part in a wide-range of engaging programs. ”

**Jacqueline Aylward**

Mother of 2023 MyPathway participant, Zoe

### **Find out more**

- ☎ 1800 164 632
- ✉ [info@minda.asn.au](mailto:info@minda.asn.au)

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