

# 8 DAYS OF ADVENTURE IN TASMANIA

- Fly to Hobart • Experience Port Arthur
- Queenstown • Zip Lining
- Harry Potter Hogwarts Train Ride
- White Water Rafting King River

TAKE A BITE OF THE APPLE ISLE

28th Sept  
to 5th Oct  
2020

Get in fast!  
Bookings  
essential!



## Mentoring

Social Skills • Weekend Excursions  
Hills-Stay Respite • NDIS Provider  
Pick up and drop off services



0429 323 221 • ahhlifefskills.com

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## Effective Mentoring

- ★ Mentoring is highly effective
- ★ Our mentors have people skills
- ★ Approachable and honest
- ★ Compassionate and genuine
- ★ Prepared and available

## Skills in the Community

- ★ Shopping/money budgeting
- ★ Planning/time management
- ★ Self care/self talk
- ★ Road safety/driving (16+)
- ★ School/homework tuition
- ★ Job applications
- ★ Community sports

Enrich your child's life with friendships and fun on our AHH Lifeskills excursions.

“Oscar has helped our son's confidence and joy for life. Antonio can't wait to go on the Lifeskills excursions on the weekends and try new things. These experiences have added to his daily life, he is now self assured, loves talking to new people and can't wait to learn new skills each weekend.”

## AHH Mentors

Mentoring has been proven to reduce teen social anxiety and improve individuals confidence. In the face of lives many difficulties it is important to have a supportive person who can help guide you and be a positive role model.

25+yrs



**McLaren Vale Drive**  
25+yrs • 4th July  
2:00pm to 8:00pm



**Middleton Beach**  
25+yrs • 5th-13th July  
9:00am to 1:00pm



**Movies @ Mitcham**  
25+yrs • 11th July  
2:00pm to 8:00pm



**Hallett Cove Walk**  
25+yrs • 18th July  
2:00pm to 8:00pm



**Lawn Bowls**  
25+yrs • 25th July  
2:00pm to 8:00pm



# Upcoming Events

8-18+yrs



**10 Pin Bowling**  
8-18yrs • 21st June  
9:30am to 3:30pm



**Unteathered VR**  
18+yrs • 28th June  
10:30am to 4:30pm



**St Kilda & Tram Museum**  
8-18yrs • 19th July  
9:30am to 4:30pm



**Movies @ Marion**  
18+yrs • 26th July  
10:30am to 4:30pm



**Dolphin Explorer**  
8-18yrs • 9th August  
9:30am to 3:30pm



**D'Arenberg Cube Tour**  
18+yrs • 16th August  
10:30am to 4:30pm



**Adelaide Museum**  
18+yrs • 21st June  
10:30am to 4:30pm



**Bounce**  
18+yrs • 5th July  
10:30am to 4:30pm



**Gumeracha**  
18+yrs • 19th July  
10:30am to 4:30pm



**Inflatable World**  
8-18yrs • 2nd August  
9:30am to 4:30pm



**Holey Moley Golf Club**  
18+yrs • 9th August  
8:00am to 5:00pm



**Marion Aquatic Centre**  
8-18yrs • 23rd August  
9:30am to 3:30pm



**Bounce**  
8-18yrs • 28th June  
9:30am to 3:30pm



**Barrosa Valley**  
18+yrs • 12th July  
10:30am to 4:30pm



**Unteathered VR**  
8-18yrs • 26th July  
9:30am to 4:30pm



**Challenge Hill & Slides**  
18+yrs • 2nd August  
8:00am to 5:00pm



**Adelaide Tree Climb**  
8-18yrs • 16th August  
9:30am to 3:30pm



**Unteathered VR**  
8-18yrs • 30th August  
9:30am to 3:30pm

“AHH Lifeskills makes learning relevant, with real world experiences.”

All prices are NDIS covered. No out of pocket expense to the parent/guardian.