



GET ONLINE, LEARN & HAVE FUN!

With Feros Care's Virtual Social Centre

The Virtual Social Centre is a vibrant online community of individuals who are accessing the Local Area Coordination service as a part of the National Disability Insurance Scheme. It is a safe and welcoming virtual space where you can actively participate in live events that cover topics from employment, health and wellness, cooking to starting a business and more – all from the comfort of your home!

CALL FEROS CARE ON 1300 986 970
or email vsclac@feroscare.com.au



PROGRAM: **EMPLOYABLE YOU**

Join our friendly and experienced Local Area Coordinators (LAC) as they support you through your employment journey. Join us for the series, or register for a session of interest. Also available on catch up.

SESSIONS INCLUDE;

- computer skills for employment
- communicate with confidence
- preparing for your interview
- being at your best at the interview
- the next step after interview



PROGRAM: **CARING FOR CARERS**

In this live interactive program, Caring for Carers, our host Kim will be sharing information, tips, stories and insights into how to take care of yourself when caring for a person with disability.

SESSIONS INCLUDE;

- adapting to and embracing change
- self-care just for you
- establishing healthy patterns
- taking time when you need it



PROGRAM: **MUSIC AND MINDFULNESS FOR CARERS**

Join our very own Simon Ferris for a live and interactive session of music and mindfulness where you can explore the power of music to change your mood.

Learn how to create beautiful musical instruments for your children using everyday objects. Explore the ways music can lift the mood of everyone in your home.



READY FOR WORK

This month Katrina joins us for 'Ready to Work' with a session for Carers around supporting your child with disability through the job seeking process.



See over for latest calendar ▶

