

What is of true value when interacting with participants?

Vibes aims to embrace every participant as equally deserving of a supportive, nurturing and truly caring space that provides programs for all abilities and age groups. The skill building that comes with each program on offer develop interpersonal and social interactivity. The activities are themed based and fun, building incrementally in the endeavour to provide a medium through which participants can practice these skills.

Key goal areas are:

Communication
Self Esteem and Self Worth
Physical Co-ordination and Motor Skills
Focus and Observation
Respect
Self-Control and Self-Awareness
Whole Body Mindedness
Friendships/Relationships
Participation
Sensory Development

Each program is individually tailored to cater for a participant's overall wellbeing and development.

Find Us on Facebook

<https://www.facebook.com/VibesWellbeingCentre>



facebook

Professional Accreditation

- ◆ Industry Professionals of 25 years experience
- ◆ Accredited Trainers, Facilitators & Coaches.
- ◆ Support Workers
- ◆ Fully Insured
- ◆ Blue Card & Yellow Card Holders
- ◆ First Aid & CPR Certificates

Professional Supports available:

FOTS Strength & Conditioning Gym
Karl Watson
0437 828 801

EC Equine Services
Ebony Cox
0437 113 513

Occupational Therapist
Tamara Duff
0417 709 880

Wholistic Healing, Naturopath and Yoga
Kylie Daniel
0418 879759

Education Consultant
Contact 0474 557 952

Remedial Massage Therapies
Contact 0474 557 952



Where the fun begins,
the friends are constant, and
the Learning never ends!

Doing life together
@ VIBES

CONTACT INFORMATION

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W: www.fotsinc.com.au

A: 15 Cartwright Rd, Gympie

Youth Sessions

Price on Application

~Bookings are essential, limited numbers per session~.

- **Tuesday**—Girls Youth Group 5-17yrs
3:15pm to 5:15pm
- **Wednesday**—Kidz Chill Zone 5-14yrs
3:15pm to 5:15pm
- **Thursday**—Lil' Youths 6-10yrs
3:15pm to 5:15pm
- **Friday**—Youth Session 10-14yrs
3:15pm to 5:15pm
- **TGIFriday's**—15+yrs (Young Adults)
5:30pm to 8:30pm (Dinner included)



Afternoon tea provided at all sessions

A fantastic opportunity for children/youth to have healthy interactions, where they can be accepted for their individuality in a safe, friendly, and fun atmosphere.

Each session can be individualised for the participant—arts & crafts, board games, Lego, video games, dancing, musical instruments, interactive games & more.

ACTIVITY IDEAS ARE ALWAYS WELCOME

Arts & Crafts Group

Price on Application

~Bookings are essential, limited numbers per session~

Tuesday Mornings

@ 9.30—11.30am

Homecraft and textiles

Everything Granny could teach you if she could.

Monday & Wednesday Mornings

@ 9:30am –11:30am

If its colouring decorative designs or working on a mosaic handicraft, the girls will have you giggling and having fun. A great group to create and meet like minded people enjoying each others company and getting crafty.

***Price on Application**



MUMS N BUBS



A safe place to meet other mums/parents/carers with their little ones

Monday at 9.30am to 11.30am

\$10 per Family

0 to 5yrs

Includes:- Morning Tea
Mum Arts & Craft Activities
Interesting Conversation
Hot Topics by Term Plan

Benefiting:

- ◆ Most disability, behavioural disorders and mental health.
- ◆ Available School Term & Holiday
- ◆ Flexible Packages
- ◆ One on One or Groups
- ◆ Adults, Youth & Children

