

Nurture- Spring Holiday Program

SEPT 30TH - OCTOBER 11TH 2019

The Living Arts Program invite you to reflect on your wellbeing these spring holidays as we move into spring, a season of growth, and celebrate Mental Health Week

These school holidays Living Arts are trying something new: we're offering back to back workshops for kids, tweens and teens in our new Living Arts Studios in Unley. Sessions include a supervised lunch in-between for those attending both.

To Register: fill in the attached registration form and return it to Phi from Living Arts by 12pm Monday 23rd September.

For questions or feedback contact Phi via 0475 834 878 or phi.theodoros@lwb.org.au

Funtime Families

Monday 30th September
10am-12pm
ages 0-8 + caregivers

A session for young children and their carers to connect through creative activities.

Everyone contributes to a group activity before families work on their own craft projects to take home.

Parkour Skills

Tuesday 1st October

9am-10:30am ages 6-10
10:45am-12:15pm ages 11-13
12:30pm-2:30pm ages 14-17

Do you like to climb, run, jump & navigate obstacle courses?

Dream of being the next Ninja Warrior? Join us to learn the basics of this epic movement style.

No experience necessary!

LA Kids Club A

Wednesday 2nd October

9am-12:30pm
ages 6-10

A Creative Kids style session beginning with the story "The Huge Bag of Worries".

Join us to explore what worries are through different art & craft activities.

LA Kids Club B

Wednesday 2nd October

1pm-4:30pm
ages 6-10

Introducing our new Play, Make & Shake session.

Join us to explore music and movement. Participants will have the opportunity to create their own songs and dances too.

Songs for the Soul

Tuesday 8th October

9am-12:30pm
ages 10-13

Music is a powerful tool to influence how we feel, act, move and think.

Join us to explore the power of music through various musical instruments, singing and crafting original lyrics and music.

Mindful Monsters

Tuesday 8th October

1pm-4:30pm
ages 10-13

A session to transform the challenges we face by making them into characters /monsters out of plasticine and other materials.

We'll be bringing them to 'life' through stop-motion animation to get to know them and see what they have to say.

Pamper Pals

Thursday 10th October

9am-12:30pm
ages 13-17

To celebrate World Mental Health Day we're inviting you to join us for a morning of self care, sweet hangs and a movie.

Filled with good vibes and self care treats you can take home.

Movement is my Medicine

Thursday 10th October

1pm-4:30pm
ages 13-17

Being active is a great way to stay fit and well, but did you know its great for the mind too?

Join us for an arvo of high energy action at Tree Climb and exploring martial arts for wellbeing.

Festival of Now!

Friday 11th of October

10:30am-3pm
all ages - free public event
@ Wauwi/Light Square Adelaide

A celebration of community, wellbeing, and mental health. Come along for live music and performance, free food, arts and crafts, interactive activities, animals, face painting and much more.



The Living Arts Program is proudly powered by Life Without Barriers in South Australia. Our sessions are designed to be inclusive creative opportunities for people with mixed needs and abilities, facilitated by highly skilled artists. Participants outside of Life Without Barriers are welcome to our user-pays system to join our programs. Any enquiries contact us via living.artssa@lwb.org.au

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LIFE WITHOUT BARRIERS
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Nurture - Holiday Program Registration Form

Full Name _____ Gender _____ Date of Birth ____/____/____

Age _____ Main Caregiver Name _____ Agency/Organisation _____

Mobile Number _____ E-mail Address _____

How will you pay for these sessions: Invoice to Org Y / N Own Funds Y / N

Which 'Nurture- Spring Holiday Program' session(s) would you like to attend? (circle chosen session time)

- Funtime Families** Mon 30th Sept 10am-12pm (\$44)
- Parkour Skills** Tues 1st Oct ages 6-10 9am-10:30am (\$37) ages 11-13 10.45am-12.15pm (\$37)
ages 13-17 12:30-2:30pm (\$58)
- LA Kids Club** Wed 2nd Session A 9am-12:30pm (\$65) Session B 1pm-4:30pm (\$65) Both Sessions (\$127)
- Songs for the Soul** Tues 8th 9:00am-12:30pm (\$65)
- Mindful Monsters** Tues 8th 1pm-4:30pm (\$65) (or \$127 for both Songs for the Soul & Mindful Monsters sessions)
- Pamper Pals** Thurs 10th 9am-12:30pm (\$65)
- Movement is my Medicine** Thurs 10th 1pm-4:30pm (\$111 - includes excursion to Tree Climb)

Will anyone attend/participate in the session with you?

(Names of any support people who may join you for the session. We will advise if there are any extra costs.)

Cultural Background & Needs please circle below if you identify as

Aboriginal or Torres Strait Islander Culturally or Linguistically Diverse Other

How can we best support your cultural needs?

We often have snacks/light meal in sessions, do you have any dietary requirements, allergies or mealtime routines?

Do you have any medical conditions that may impact on your ability to participate?

(For example - Asthma, epilepsy, diabetes or medication to be administered)

Do you have any disability/ accessibility requirements that we need to know about?

Is there anything else we might need to tailor our sessions to suit your needs?

