multicap tasmania
empowering capability

wynyard hub program

140 goldie st, wynyard | 03 6433 5000

MONDAY

9.00am - 3.00pm

creative & sensory pick n mix

Start the week with a variety of creative activities designed to encourage self-expression, confidence, and social connection. In the afternoon, participants can relax and unwind through sensory-based experiences that promote wellbeing, emotional regulation, and engagement at their own pace.

TUESDAY

9.00am - 3.00pm

creative & sensory pick n mix

Explore new interests and enjoy a range of hands-on activities tailored to individual preferences and abilities. The afternoon sensory session provides opportunities for relaxation, mindfulness, and meaningful engagement in a calm and supportive environment.

WEDNESDAY

9.00am - 3.00pm

creative & sensory pick n mix

Enjoy a selection of creative and social activities that encourage learning new skills, building friendships, and having fun. The sensory program offers participants a chance to recharge using stimulating or calming sensory experiences that support personal wellbeing.

THURSDAY

9.00am - 3.00pm

sensory pick n mix

Celebrate the end of the week with participant-led activities that focus on enjoyment, social connection, and personal achievement. Spend the afternoon exploring sensory experiences that encourage relaxation, reflection, and preparation for the weekend ahead.

FRIDAY

9.00am - 3.00pm

creative & sensory pick n mix

Choose from a range of engaging activities that promote independence, creativity, and community participation. The afternoon focuses on sensory wellness through activities designed to enhance comfort, relaxation, and positive emotional wellbeing.

creative pick n mix

Creative Pick n Mix offers participants the opportunity to choose from a variety of arts, crafts, games, life skills, and community-based activities. The program encourages self-expression, skill development, independence, and social connection in a fun and supportive environment.

sensory pick n mix

Sensory Pick n Mix provides participants with opportunities to engage in a range of calming and stimulating sensory activities tailored to individual needs and preferences. These sessions support emotional regulation, wellbeing, relaxation, and meaningful participation in a safe and inclusive space.



BOOK TODAY!



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