multicap tasmania
empowering capability

launceston hub program

31 tamar st, launceston | 03 6433 5000

MONDAY

9.00am - 3.00pm

community connections plus

Provides personalised support, empowering participants to co-design meaningful experiences through community involvement, skill development, social engagement and individual choice

TUESDAY

9.00am - 12.00pm

creative cooking

Get creative and have fun with cooking! Participants will enjoy making delicious treats then baking and decorating them!

community connections

Get out and about, build confidence and develop connections within the local community. You can enjoy community outings, social activities, local events and opportunities to practice everyday skills in real-world settings.

12.00pm - 3.00pm

make and create

Explore your creativity through arts, crafts, DIY projects and hands-on activities. It's a relaxed space to express yourself, try something new and take pride in what you create

WEDNESDAY

9.00am - 12.00pm

music

Get ready to rock and enjoy a fun filled morning of tunes past and present. Join in with instruments or dance and sing along.

12.00pm - 3.00pm

pub lunch

Join your friends for lunch and a dr ink at the Park Hotel. Modified meals an option. Utilise your money skills and chat to others.

science and discovery

Have fun learning through hands-on experiments, sensory activities, nature exploration and exciting investigations. Participants can explore how things work, make predictions, experiment and discover the world around them in a fun and accessible way.

THURSDAY

9.00am - 12.00pm

let's get messy

Develop larger or more complex art pieces over several weeks. Add your touch to individual or group art projects and explore different styles using different materials.

12.00pm - 3.00pm

the wellness nest

Focus on wellbeing, relaxation and self-care. Explore mindfulness, sensory experiences, relaxation activities, gentle movement, creative wellness activities and strategies that support a positive mind and body

FRIDAY

9.00am - 12.00pm

music

Get ready to rock and enjoy a fun filled morning of tunes past and present. Join in with instruments or dance and sing along.

12.00pm - 3.00pm

healthy habits

Explore healthy choices and develop everyday skills that support your wellbeing. Activities may include simple cooking, nutrition, movement, personal care, healthy routines and learning about how the choices we make can help us feel our best.



BOOK TODAY!



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