



Glady & Co Recovery Hub

Address: 166 Boronia Road, BORONIA, VIC, 3155

Phone: 1300 866 474

Email: boroniahub@gladyandco.com.au

Website: www.gladyandco.com.au

Group Program

Glady & Co's Boronia Hub is open between 9.30am and 4.00pm on weekdays. Hub Participants can choose to participate in structured activities, enjoy casual social time or relax while doing their own activities.

	9:30am	10am	11am	12pm	1pm	2pm	3pm	4pm
Monday	Social Time: 9:30am - 4:00pm							
		Mindful Movement 10am - 11am Gentle movement to start the week	Meditation / Peer Support 11am - 12pm Guided meditation & reflective chat	Hearing Voices 12pm - 1pm Share with other voice hearers		Charming Crafts 1:30pm - 2:30pm Jewellery Making	Life Rhythms 2:30pm - 3:30pm Percussion for peace of mind	
Tuesday	Social Time: 9:30am - 4:00pm							
	Breakfast 9:30am - 10:30am Pancakes on the menu	Movies 10:30am - 1:30pm Join us for an in-house movie experience			Gardening 1:30pm - 3:30pm Help create & grow our garden			
Wednesday	Social Time: 9:30am - 4:00pm							
		Mindful Reflections 10am - 11:30am Photography / Sensory nature walk		Heartful Art 1pm - 4pm Experience a range of art mediums & techniques				
Thursday	Social Time: 9:30am - 4:00pm							
		Music 10:30am - 12:30pm Sing & play along to your favourite tunes	Community Lunch 12:30pm - 1:30pm		Men's Social 1:30pm - 3:30pm Pool, coffee, games & more			
Friday	Social Time: 9:30am - 4:00pm							
		Foodies 9:30am - 12:30pm Help plan, shop & prepare our Community Lunch	Ladybugs Women's Social 2pm - 4pm Coffee, craft, games & more					
Friday	Social Time: 9:30am - 4:00pm							
		Brisk Walking 10am - 12pm Join us for a 5km nature walk	Outdoor Art 10am - 12pm Add colour & flair to our outdoor space		Creative Corner 1pm - 3:30pm Art & craft for wellness			



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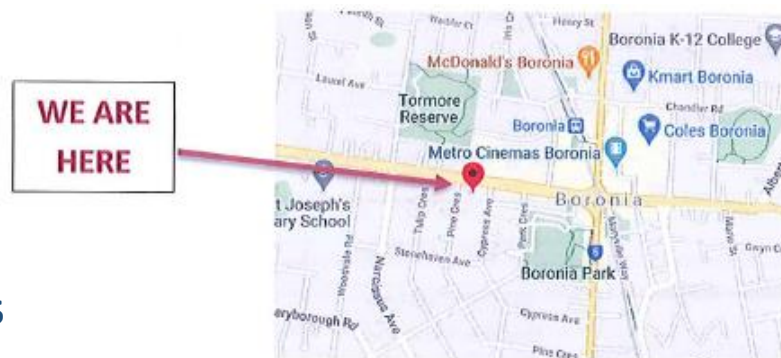
About the Glady & Co Recovery Hub (Boronia)

Glady & Co's Recovery Hub is focussed on empowering NDIS participants with psychosocial disabilities to enhance their independence, interpersonal skills and overall wellbeing.

Our Hub community provides a safe and supported environment for participants to relax and socialise as well as participate in a range of structured capacity building and social activities.

Facilities include tea and coffee, spacious main area, sensory room, computers with internet access, pool table and large outdoor courtyard. All Hub staff and group facilitators are mental health professionals with a lived experience.

Our Boronia Hub is conveniently located at **166 Boronia Rd, BORONIA, VIC, 3155**. There is parking onsite and the Hub is a short walk from Boronia Train Station.



**166 Boronia Road
BORONIA VIC 3155**

Pricing

Pricing is based upon Hub Participants committing to attend our Recovery Hub Group Program of Supports a given number of days each week. Prices cover all materials for group activities, staff wages and building costs. Costs come out of the Hub Participant's NDIS Core funding as per the rates below. In accordance with the NDIS price guide, the cost of attending is invoiced via the Hub Participant's NDIS Plan Manager each week until cancelled.

Glady & Co Boronia Hub Program of Supports	Weekly Price*
1 day a week	\$100
2 days a week	\$200
3 days a week	\$270
5 days a week	\$400

*Subject to change in accordance with NDIS pricing arrangements