



# CITY DAY INSPIRE PROGRAM

## choose your own adventure

### 24TH OF MAY

---

Join us for our flexible city-based Inspire program, where you are in control of your day! Whether you're new to our programs or a seasoned participant, there's something for everyone. Strengthen community connections through social interactions, while promoting personal growth in a supportive and inclusive environment. Choose from a variety of local city activities, allowing you to engage with the community in a way that suits you best. Enhance your observation skills, physical fitness, and independence as you explore urban spaces. Practice money management, social skills, and self-reliance while navigating the city, all designed to help you achieve your goals.

---

- Social Interactions
- Decision Making
- Problem Solving



- Confidence Building
  - Money Management
  - Community Engagement
- 



For more information, visit our events tab on our website: [www.gladysandco.com.au](http://www.gladysandco.com.au), call 1300 866 474, or email: [inspire@gladysandco.com.au](mailto:inspire@gladysandco.com.au)

