

GLADY AND CO

Phillip Island

15TH - 18TH SEPTEMBER

Join us for a coastal Inspire Program with Gladly and Co—set on beautiful Phillip Island and designed to support community connection, independence, and personal growth. This inclusive group experience offers participants the chance to explore a relaxed seaside town while building real-world skills in a supportive, social environment. Whether you're new to Inspire Programs or returning, you'll find opportunities to connect, learn, and enjoy meaningful experiences alongside others. Through participant-led activities like nature walks, op shopping, beach visits, and local sightseeing, you'll develop skills in planning, budgeting, navigation, and social communication. Shared responsibilities such as preparing group meals and exploring the town together support confidence, independence, and everyday decision-making. This program encourages personal growth through community engagement, peer connection, and experiences that align with your NDIS-related goals—all at your own pace and in a fun, welcoming setting.

- Coastal nature walks
- Group meal prep
- Community exploration



- Budgeting and planning
- Social skill-building
- Independent decision-making



For more information, visit our events tab on our website: www.gladlyandco.com.au, call 1300 866 474, or email: inspire@gladyandco.com.au

