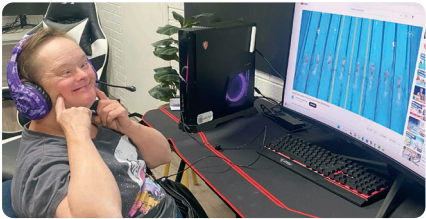


There are no limits to what you can achieve.



Environmental Defenders

Learn how you can help protect wildlife, waterways & parks. Travel around & participate in vital environmental projects.



So much more

Bingo, Discobility, Volunteer, Library Card Access, Science, Literacy & Numeracy, Design & Creation, Woodwork & DIY Programs, Cert 1 Opportunities.



Sports Activity Programs

Our Programs are tailored for you: Soccer, Basketball, Golf, Dance, Zumba, Gym, Yoga, Personal Training, Walking, Bike Riding, Water Aerobics.

Respite & Short-Term Accommodation (STA)

We fully understand that sometimes you, your carers or family need a break. That's where our Respite & Short-Term Accommodation facility at Shorter House in Traralgon can help. For more details please contact us: respite@c2a.org.au



Why Choose C2A

Qualified
professionals
delivering
complex
high intensity
supports

Professional
development
strategies
ensure best
practice

Individualised
meaningful
support

Centre-based
activities
enhance
well-being in
a healthy, fun
environment

Registered
NDIS
Provider

Leading
disability
support
services

We take time
to listen and
respect your
choices

Contact & locations
1300 111 212 | info@c2a.org.au | c2a.org.au

Bendigo 33 Gittins Drive, Bendigo 3550	Frankston 32 Cranbourne Road, Frankston 3199	Mornington 311 Racecourse Road, Mornington 3931	Traralgon 23 Dunbar Road, Traralgon 3844	Wonthaggi 1/120 McKenzie St, Wonthaggi 3995
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Individualised Support Services



There are no limits to your individuality.

Your life

C2A has been supporting and providing inclusive opportunities for people with disability since 1953.

We offer a diverse range of engaging activities and support programs to help you live the life you choose.

We are dedicated in providing individualised care and support for our participants.

That's why we take the time to get to know your unique needs, your family and support network, to create rich and fulfilling experiences in a safe and friendly environment.

Your support

Our highly skilled support workers provide creative ways for you to participate and engage in all aspects of day-to-day life while learning new skills.

We tailor our supports to meet your needs and to help you reach your personal goals.

Your choice

Each of our hubs develop centre-based activities which are constantly being reviewed.

You can choose to join one of our day programs or community adventures, or just relax and take things at your own pace.

You may want to join a group or go out independently, and if you need require individual supports, you can be sure that we are there for you.

So, whatever your interests, let us know what you are looking for. We'll always do our best to help you to express yourself.

Supported Employment Opportunities

You could join one of our Supported Employment programs working at one of our commercial hubs.

Learn new skills and workplace safety. Achieve a greater sense of independence, financial security, and inclusion.

There are no limits to what you can do.



Swimming Program

Work on muscle tone, movement & stretches. Develop your swimming style, or just experience the magic and free movement of water.



Using Public Transport

Learn how to use Myki Card & travel safely. Understand Public Transport employee roles, complaint handling, road safety & social etiquette.



Cooking & Baking

Learning to cook your own healthy meals, & tasty treats. Read recipes, buy ingredients, follow instructions, measuring & mixing.



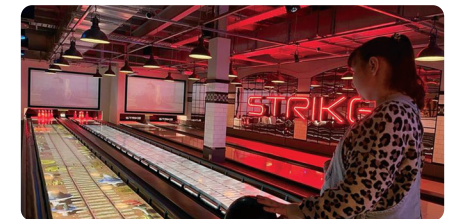
Sailability Action

Sailing provides freedom, inclusion & defines fine motor skills. Learn about water safety, face new challenges & share with friends.



Out & About Adventures

Travel independently or in a group to places of interest & hikes/walks. Save & spend money wisely for shows, movies, lunches & shopping.



Bowling Strikers

Great for body movement, balance & mobility exercises. Join in a social activity, beat your score & just have fun.



Card & Jewellery Making

Be creative & artistic making gifts & fancy bracelets. Great for concentration & hand work skills.



Photography Program

Explore a new world through a different lens! Learn camera skills & develop prints. Build a portfolio, or frame prints for a great gift idea!



Morning Melodies

Show your talent in our colourful shows & themed musical theatrics. Join us as we go to a community musical, show or interactive event.



Fishing Activity

Socialise & relax in the outdoors. Learn to set up your line & rig & properly casting a line. Setting bait & lure, & how to remove hooks safely.



Café Club

A great way to enjoy the tastes & treats from the best local cafes around & see what's going on around the community.



Independent Living Skills

We help you with personal presentation & community safety. We also help you to understand the NDIS & provide you with advocacy.



Craft Marketeers

Create nifty market projects with beeswax, make scrunchies, key fobs or cup printing. We can help you with ways to sell or promote your products.



Sensory Cooking Program

Sensory Enrichment exposes you to different smells, sounds, textures & tastes. Develop independent living skills, hand eye coordination & dexterity.



Pamper & Relaxation

Take time out for yourself to unwind & just chill. Enjoy the freedom of your own personal space.



Gardening & Growing

Learn nursery & gardening skills within a group setting. Potting, garden bed preparation, sun protection & correct use of tools.



Animal Adventures

Animals can be very therapeutic & they're always interesting. Get to experience creatures great & small, from rabbits, donkeys, wombats & reptiles.



Sensory Programs

Individualised for cognitive growth, memory, social interaction, language development, fine & gross motor skills. Stimulating experiences that feel right for you.