



# Our Centre

## Tailored NDIS Programs

 **Caboolture, QLD**

### About Us

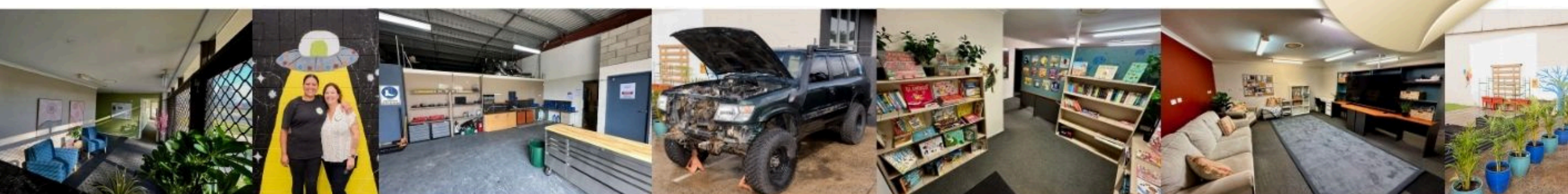
Exciting things are happening at our **brand-new Capacity Building Centre** in *Caboolture*, designed specifically for NDIS participants!

Our programs are tailored to individual capacity and interests, and updated every 12 weeks to keep activities **fresh, engaging, and shaped by participant feedback**. Workshops are as unique as the people attending them!

### Our Programs

- ✓ Tool & Mechanic Workshops
- ✓ Cooking Skills
- ✓ Gardening Groups
- ✓ Music & Movement Sessions
- ✓ Friday Night Socials
- ✓ and MORE!

**Private & NDIS  
Billing Available**  
Core & Capacity  
Funding Accepted



## Why Choose Us?



### No Lock-in-Contracts

Flexible trial periods available - find the right program for you



### Transport Options Available

Transport Options Available (*location-dependent*)



### Fresh, Participant-Led Programs

A new program every 12 weeks with feedback-driven activities that evolve with YOU!



### Flexible Support Options

Attend with your own support worker - or use our experienced on site team

## Contact Us



(07) 5405 2575



[wholesomesolutions.com.au](https://wholesomesolutions.com.au)





# UPCOMING PROGRAMS

We offer a range of engaging, goal-oriented programs designed to foster growth in a supportive and inclusive environment. Participants are welcome to enrol at any point during a program and attend the remaining sessions.

**Please see the dates below for upcoming opportunities to get involved.**

- ✓ **WINTER: June 23<sup>rd</sup> - Sept. 12<sup>th</sup> 2025**
- ✓ **SPRING: Sept. 15<sup>th</sup> - Dec 5<sup>th</sup>**
- ✓ **SUMMER: Dec 8<sup>th</sup> 2025- Feb 27<sup>th</sup> 2026**
- ✓ **AUTUMN: March 2<sup>nd</sup> - May 22<sup>nd</sup> 2026**

**CONTACT US**



(07) 5405 2575



[programs@wholesomesolutions.com.au](mailto:programs@wholesomesolutions.com.au)



Friday  
to 05:00PM  
Saturday  
09:00AM to 03:00PM  
Sunday & Public Holidays  
CLOSED

**Call Us Today**

**07 5405 2575**



# PROGRAM SCHEDULE



Join us for fun and flexible programs—whether you're a **morning person**, **prefer afternoons**, **or want to stay all day**, there's something for everyone! Bring your own supports or let our friendly and experienced team support you - *it's all about what works best for you.*

MORNING SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
07:00 – 9:00					
09:00 – 11:30 (Pick 1 activity per morning session →)	<b>Cooking Skills</b> 	<b>Gaming</b> 	<b>Craft Workshop</b> 	<b>Coffee Club</b> 	<b>Workshop</b> 
	<b>Life Skills Workshop</b> 	<b>Coffee Club</b> 	<b>Men's Club</b> 	<b>Gardening Club</b> 	<b>Coffee Club</b> 
11:30 – 12:30	Lunch				
AFTERNOON SESSION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30 – 12:30	Lunch				
12:30 – 15:00 (Pick 1 activity per afternoon session →)	<b>Movement Monday</b> 	<b>Gardening Club</b> 	<b>Job Skills</b> 	<b>Mind, Body &amp; Soul</b> 	<b>Music Program</b> 
	<b>Hobby Workshop</b> 	<b>Tuesday Crafternoon</b> 	<b>Cooking Skills</b> 	<b>Ladies Club</b> 	<b>Mechanics Workshop</b> 
15:00 – 17:00					
<b>Available Always / Alternative Activities</b>	Library Board Games & Puzzles Mindful Arts & Crafts Sensory Room Console Gaming	Library Board Games & Puzzles Mindful Arts & Crafts Sensory Room Console Gaming	Library Board Games & Puzzles Mindful Arts & Crafts Sensory Room Console Gaming	Library Board Games & Puzzles Mindful Arts & Crafts Sensory Room Console Gaming	Library Board Games & Puzzles Mindful Arts & Crafts Sensory Room Console Gaming

**YOUR HEALTH, YOUR WAY**