

Connect Outdoors

Group Programs

Who is this group for?

Adults who have a psychiatric disability.



1

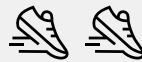
Connect Outdoors Day Trip
Friday 10am - 4pm (Weekly)



Spending time in nature is good for the soul! Add a few likeminded people and it's a whole lot of fun too. Join us for a cafe coffee, short nature walk, sightseeing and a nutritious lunch.
\$260/session

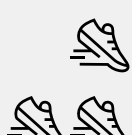
2

Adventure Outdoors Day Trip
Wednesday 10am - 4pm (Monthly)



A group for nature loving adventure enthusiasts. Each month a different activity and venue. Come and try kayaking, bush walking, bike riding, skiing, rock climbing and abseiling.
\$260/session

Mental Health Support



Accessible to all fitness levels.

Accessible to all fitness levels.
Medium level of mobility is necessary.

We look forward to seeing you at



2024 Dates

1

CONNECT OUTDOORS DAY TRIPS

Friday 10am - 4pm (Weekly)

Please wear walking shoes, bring a water bottle and a hat.

Feb 2 - Ocean Grove Nature Reserve

Feb 9 - Anakie Gorge

Feb 16 - Melb Aquarium (BYO lunch today)

Feb 23 - Urquhart Bluff

Mar 1 - Torquay

Mar 8 - Anglesea

Mar 15 - Lorne

Mar 22 - Cumberland River

Mar 29 - Public Holiday (no group)

Apr 5 - You Yangs

Apr 12 - Moggs Creek

Apr 19 - Werribee Zoo (BYO lunch today)

Apr 26 Edwards Point

Future Locations will be decided in consultation with the group.



2

ADVENTURE OUTDOORS DAY TRIPS

Wednesday 10am - 4pm (Monthly)

Please bring a snack, water bottle, hat, backpack and waterproof jacket. Wear clothing suitable for the activity.

Feb 7 - Aireys Inlet, kayaking

Mar 6 - Lorne Waterfall Adventure/Swim

Apr 3 - Barwon River Kayaking

May 1 - You Yangs Mountain Bike Ride

Jun 5 - Indoor Rock Climbing

Jul 3 - Brisbane Ranges bushwalk

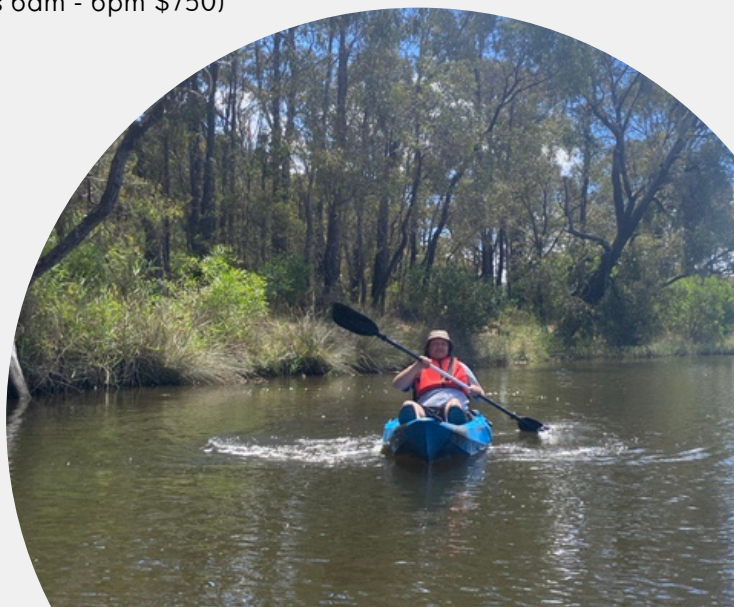
Aug 7 - Cross country ski, Lake Mountain (Extended hours 6am - 6pm \$750)

Sep 4 - Bellarine Rail Trail Ride

Oct 2 - Abseil You Yangs, Big Rock

Nov 6 - Bushwalk Werribee Gorge

Dec 4 - Outdoor climbing Staughton Vale



Book Now



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