

Women with autism

GROUP PROGRAMS



WHO IS THIS GROUP FOR?

Adult women with autism.

Also suitable for participants who have a mild intellectual disability or acquired brain injury.

1

Walking Group



Thursday 1:30pm - 5:00pm (Weekly)

Join us for a short nature walk, sightseeing and a delicious afternoon tea.

\$190/session

2

Adventure Group



Thursday 9:00am - 12:30pm (Weekly)

For adventurous women who want to explore a variety of outdoor adventure activities including kayaking, bush walking, bike riding, rock climbing and abseiling.

\$200/session

Disability
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

Walking Group

Thursday 1:30pm - 5:00pm (Weekly)

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

FEB 15 - ANGLESEA RIVER

FEB 22 - ST LEONARDS FORESHORE

FEB 29 - POINT LONSDALE

MAR 7 - GEELONG BOTANIC GARDENS

MAR 14 - TORQUAY

MAR 21 - OCEAN GROVE NATURE RESERVE

MAR 28 - PORTARLINGTON

APR 4 - ANAKIE GORGE

APR 11 - URQUHARTS BLUFF

APR 18 - YOU YANGS

APR 25 - PUBLIC HOLIDAY (NO GROUP)

Future Locations will be decided in consultation with the group.



2

Adventure Group

Thursday 9:00am - 12:30pm (Weekly)

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

FEB 15 - ANGLESEA RIVER, KAYAKING

FEB 22 - QUEENSCLIFF, RAIL TRAIL BIKE RIDE

FEB 29 - URQUHART BLUFF, HIKE/MERMAID POOL SWIM

MAR 7 - ABSEILING, YOU YANGS BIG ROCK

MAR 14 - BARWON RIVER, KAYAKING

MAR 21 - YOU YANGS, MOUNTAIN BIKE RIDE

MAR 28 - YAN WIRING MIRR HIKE, ANGLESEA

APR 4 - ROCK CLIMBING, YOU YANGS

APR 11 - EAST WEST HIKE, YOU YANGS

APR 18 - KAYAKING, SPRING CREEK TORQUAY

APR 25 - PUBLIC HOLIDAY (NO GROUP)


Future locations will be decided in consultation with the group.




BOOK NOW

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