

Opportunities to socialise and make friends



Weekends

Safe and enjoyable group activities in the community

- Different group activities are offered each weekend.
- Activities include bowling, movies and go-karting.
- Bushwalking, or city activities and sites.
- Outings depart and return from Multicap Hub at Blackburn.



Getaways

Respite your way to develop independent living skills

- Two-night getaways for up to six participants at a time.
- Visit various locations such as near the city, Mornington Peninsula, Geelong and Bellarine Peninsula, Warburton, Yarra Valley, etc.



After 4

Make friendships preparing and sharing dinner

- Connect with other young adults every Thursday afternoon (4pm to 8pm).
- Develop independent living skills by planning, shopping, and cooking dinner as well as cleaning up afterwards as a group.



Social Dinner Club

Explore different restaurants around the eastern suburbs

- Tuesday and Wednesday evenings
- Pick up and drop off from your home to restaurant is available.

For more information phone **1300 135 886** or email **customerservice@multicap.org.au**

Blackburn Hub

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