

Group Skills Programs

Discover your lifestyle goals and develop essential skills through our transformative Group Skills programs.

Our Group Skills Programs empower participants to develop essential skills in areas of interest, fostering meaningful friendships and building capacity along the way.

Cool Programs Include:

- Automotive
- Gardening & Landscaping
- Work Ready Skills
- Independent Living Skills

More programs to be announced



Interested in Cars?

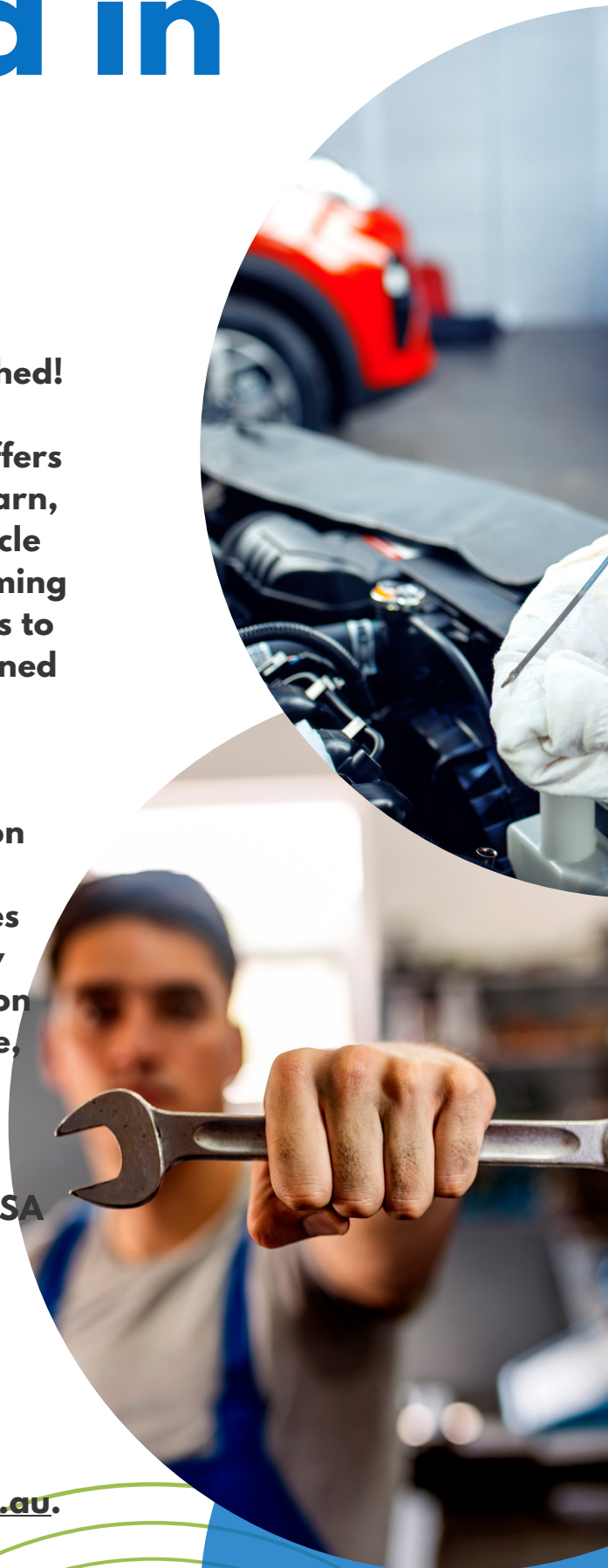
Rev up your passion for the automotive industry at Focus Care Adelaide's Project Shed!

Our purpose-built automotive workshop offers an immersive experience where you can learn, build knowledge, and develop skills in vehicle maintenance. From restoring and transforming impressive vehicles like Hummers and buses to hands-on projects, our programs are designed to ignite your enthusiasm and create unforgettable memories.

Join our crew at the Project Shed in Alberton and embark on a thrilling adventure in the world of cars. Get ready to rev your engines and dive into a unique and exciting journey with fellow car enthusiasts. Don't miss out on this incredible opportunity to learn, explore, and have a blast!

**Employment and Lifeskills Hub
482 Salisbury Highway, Parafeld Gardens SA
The Project Shed 18 Coburg Road, Alberton**

**For more information
Courtney Radford
Employment and Life Skills Manager
0402 561 819 or
Courtney.Radford@focuscareadelaide.com.au.**



Interested in Gardening

We believe that gaining gardening skills can have a profound impact on the lives of individuals with disabilities. That's why we are thrilled to introduce our new Day Program focused on gardening!

Gardening provides numerous benefits, including physical activity, sensory stimulation, and the opportunity to connect with nature. It promotes mental well-being, fosters a sense of accomplishment, and allows individuals to develop new skills and interests.

Our Day Program offers a supportive and inclusive environment where participants can learn about gardening techniques, plant care, and sustainable practices. Whether you're a beginner or have green thumbs, this program is tailored to meet the diverse needs and abilities of each individual.

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Interested in Cooking?

We're cooking up a whole lot of fun at Focus Care Adelaide's Project Shed!

A balanced diet and regular meals are crucial for your physical and mental well-being, especially when dealing with additional medical conditions. Don't miss out on our next cooking class and join us for a lot of fun in the kitchen!

Whether you're struggling to plan a healthy, nutritious weekly menu, have special dietary requirements, find it challenging to perform kitchen tasks, or simply struggle with preparing meals for one, we've got you covered. Join our crew at the Project Shed in Alberton and let's cook up some deliciousness together!

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Interested in Computers?

It's time to get tech-savvy at Focus Care Adelaide's Project Shed!

We understand the transformative power of technology in the lives of individuals with disabilities. That's why we're excited to introduce our Tech Club, where we explore the world of computers, programming and social media.

Social media and technology platforms have become instrumental in supporting empowerment, networking, and boosting self-esteem for individuals and groups. They provide avenues for connection, self-expression, and accessing information like never before. Join our crew at the Project Shed in Alberton and get technical. Your skills will get you job ready!

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Want to get job ready ?

We believe that everyone deserves the opportunity to develop valuable work-ready skills, regardless of their abilities. That's why we are excited to introduce our Work Ready Skills Program, designed specifically for individuals with disabilities.

We understand that finding meaningful employment and gaining financial independence are important goals for individuals with disabilities. That's why we provide comprehensive training and support to help individuals develop the skills necessary to thrive in the workplace.

Our Work Ready Skills Program offers a range of tailored training modules, including communication skills, teamwork, time management, problem-solving, and customer service. These skills not only enhance employment prospects but also foster personal growth and confidence. Join our Work Ready Skills Program and unlock your potential for professional success.

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