

Unwind & Recharge

2-Night STA | Coolum - Sunshine Coast

21st - 23rd
NOVEMBER
2025



Friday – Welcome to the Weekend!

We'll collect you from home or your day program and head off together! Once settled, we'll cook a healthy shared dinner (great for life skills and teamwork), take a relaxing sunset walk, then wind down with games and laughs. Bring your favourites or try something new!

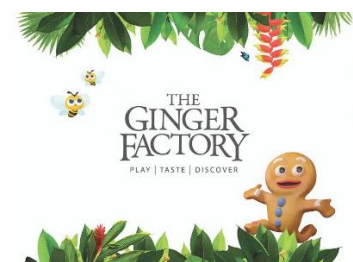
Saturday – Explore, Laugh, Discover!

Start with a hearty group breakfast and light household tasks to build confidence at home. Then choose your adventure:

🌿 Visit the Ginger Factory – a fun, sensory-friendly outing

🍷 Picnic lunch in the park

Wrap up with dinner at the local Surf Club—good food, great company, and ocean views.



Sunday – Connection & Coastal Vibes!

After a relaxed breakfast, choose your day:

☀️ Sunshine Coast Collective Markets – practice budgeting & explore local finds

🌊 Beach Walk – enjoy fresh air, spot whales & connect with nature

Home drop-off between 2–3pm (traffic dependent), with new memories, skills & friendships.



💖 How It Supports NDIS Goals:

- ✓ Build daily living skills & confidence
- ✓ Encourage independence, choice & wellbeing
- ✓ All-inclusive: care, meals, activities & transport
- ✓ Supports social connection & new experiences

Cost

Approx. \$1,980 (1:3 ratio)

👉 Please check with your Support Coordinator or Plan Manager to confirm funding availability.



BOOKINGS AND ENQUIRIES

t: (07) 3152 8080

e: schedulingofficers@myhorizon.org.au



myhorizon
with you, for you