

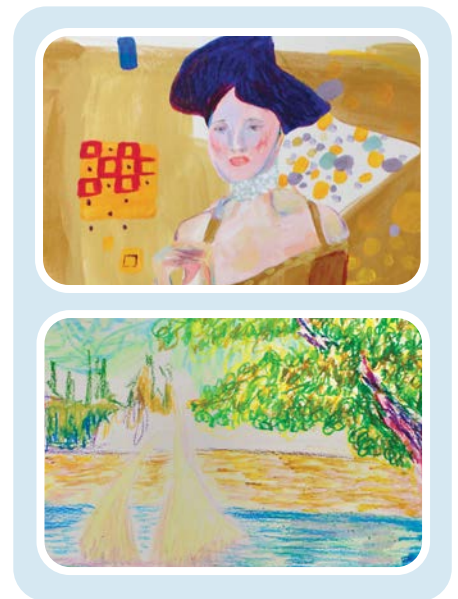
A snapshot below of some of the free social participation groups that have been running. Please contact us for details of current groups running in your area.

Plus Social | Art Group

Art Group is designed to improve your sense of wellbeing as you develop skills and explore your interest in art.

What to expect at Art Group

- You will have an opportunity to try different art materials and explore their uses
- Sample different art techniques and theories through painting, drawing and watercolour
- Discuss the works of known artists. Learn about their inspirations and the amount how they work
- Build skills for expressing yourself through art using different techniques, colours and subjects
- Creating art in a relaxed and social environment alongside other people with similar interests
- The Group Activity Leader will check in with you weekly about how you are experiencing the group.

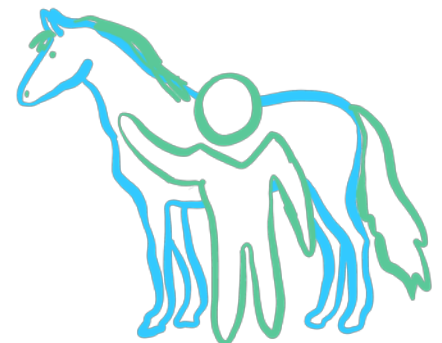


Plus Social | Equine Therapy

Equine Therapy is a social prescription group designed to improve your social supports and connections with others in a relaxed space.

What to expect at Equine Therapy

- The chance to meet new people and build connections
- Equine Therapy encourages people to support each other, without judgement, by working together to direct a horse through a variety of tasks. You do not ride the horse but guide the horse using body language and movements

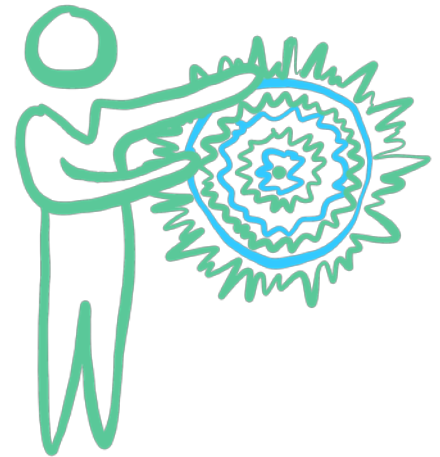


Plus Social | Reclaim and Re-Use

Reclaim and Re-Use is designed to improve your sense of wellbeing as you develop skills and explore Aboriginal craft and weaving techniques.

What to expect at Reclaim and Re-Use

- You will have an opportunity to try different native grasses and learn Aboriginal weaving techniques. Also use recyclable materials to make a sculpture
- Learn Aboriginal knowledge through designing and making a basket from native grasses
- Discuss the works of known Aboriginal artists. Learn about their inspirations and how they work
- Create baskets and sculptures in a relaxed and social environment alongside other people with similar interests

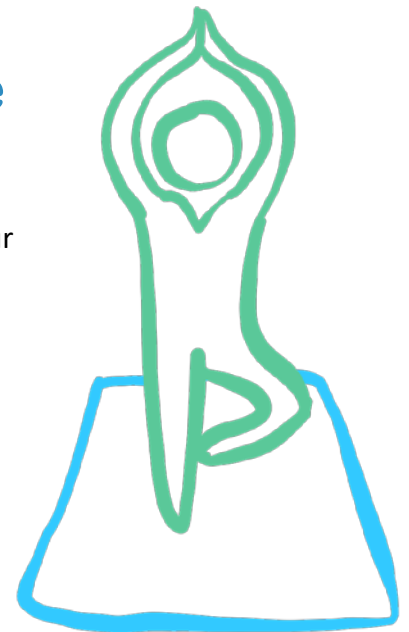


Plus Social | Relax and Revive

Relax and Revive is designed to improve your sense of wellbeing as you develop skills in movement and breathing for stress management.

What to expect at Relax and Revive

- The groups are led by a yoga professional
- You will have an opportunity to develop techniques to regulate your emotions and relaxation styles in a small group
- Sample different breathing techniques and movements
- You can participate in the group by sitting, standing or lying down. The yoga teacher will guide you throughout the class in a safe and professional environment
- There will be access to water and bathrooms, if needed.



Plus Social | Social Group

The Social Group is designed to improve your social supports and connections with other injured workers in a relaxed space.

What to expect at Social Group

- The groups are led by a friendly facilitator
- You will be able to socialise and engage with other participants every week
- An opportunity to participate in different activities every week. Activities can include:
 - Casual meet-up over coffee
 - Going to see a movie
 - Participate in a photography class
 - Participate in an art class
- It's up to you which activity you'd like to do. If unsure as a group, the facilitator will pick what everyone is most happy with
- No pressure to meet any level of socialisation. Simply enjoying a coffee in a group is perfectly fine
- The Group Activity Leader will check in with you weekly about how you are experiencing the group.

