


Beachside Teen Retreat

8th December till 11th December


Pause for a moment, take the time to relax and reflect on how this year has challenged us and helped us grow.

Together in a refreshing beach side environment a small group will have the luxury of exploring the many elements of Self-Care.

With opportunities to build on living and social skills through exciting games, art and adventure. While being balanced with relaxing explorations in nature building connections with self and the environment.

 0428 1221 00 Michelle

 Hawks Nest, NSW

 info@flyingchangesdc.com.au



Suitable for NDIS plan or self managed participants. Qualified Staff with a compassionate and understanding awareness of individualised needs.