# 2024 NDIS Programs of Support

# Neurodivergent Empowered

Where Lived Experience Meets Professional Expertise to Empower Authentic Lives.





www.neurodivergentempowered.com



At Neurodivergent Empowered, we offer Neurodivergent Phoenix Friends programs of support for a maximum of 6 months in with a combination of school terms and school holidays.

Our programs do not run on public holidays and will only be offered if there is enough interest.

Programs are subject to change based on availability of activities and capacity.

Participants can elect to take part in one program separately or engage in all four programs each term throughout the year. We often have waiting lists for our programs and we will liaise with you to advise of availability.

#### Payments from your NDIS Plan

Support costs utilise the social / community participation line items in your NDIS plan.

Our programs of support incur a centre capital cost as per the NDIA Price Guide.

#### **Participant Contribution**

Your NDIS plan will not fund non-disability related resources. Therefore, if any nondisability resources are required for the support a participant contribution will be detailed for each Program of Support. If included, this will be shown on each program as a weekly cost. The participant contribution will be invoiced directly to you with the total cost for that term.

# **OUR PROGRAMS:**

#### Mondays

- Phoenix Friends
- Bake and Create
- Dungeons & Dragons
- Minecraft
- Neurodivergent LGBTQI+ Tweens & Teens
- Active Adventure Phoenix Friends

#### Tuesdays

- Phoenix Friends
- Furry Friends
- Pokemon Go
- Active Adventure Phoenix Friends

#### Wednesdays

- Autistic Girls Gang Phoenix Friends
- Authentically You Phoenix Friends
- Witchcraft Phoenix Friends

#### Thursdays

- 5-7 Years Phoenix Friends
- Authentically You Phoenix Friends
- Nature Adventure Phoenix Friends
- Phoenix Friends
- Dungeons & Dragons

#### Fridays

- Phoenix Friends
- Animal Crossing
- Roblox
- Digital Art
- Dungeons & Dragons

#### Saturdays

- Phoenix Friends
- Teens Phoenix Friends

# **PHOENIX FRIENDS**

#### School Term Timetable:

- Mondays 9am to Noon
- Tuesdays Noon to 3pm
- Wednesdays 11am to 2pm (Girls Only)
- Thursdays 1pm to 4pm
- Fridays 9am to Noon
- Saturdays 10am to 2pm

#### School Holiday Timetable:

- Mondays 9am to 2pm
- Tuesdays 9am to 2pm
- Wednesdays 9am to 2pm (Girls Only)
- Thursdays Noon to 5pm
- Fridays 9am to 2pm
- Saturdays 10am to 2pm

Duration: 1st January 2024 to 30th June 2024

Start: Queensland State School Term and School Holiday Sessions

**Participant contribution**: Participants to bring their own swimwear, hat, water bottle, spare clothes, sunscreen and snacks / lunch

This program is designed to celebrate neurodiversity by fostering social connections and community opportunities that support inclusion, wellbeing, and respect for individuals with diverse neurological experiences.

Participants are provided with guidance and support to embrace and practice self-care, while also encouraging the development of social networks and meaningful friendships that honor neurodivergent perspectives. The focus is on creating an affirming and supportive community where individuals, regardless of their neurodivergence, can thrive. This includes acknowledging and respecting the unique strengths and challenges of each participant. The program strives to create an environment where neurodivergent individuals actively engage in learning, practice essential skills, and contribute to a culture of inclusivity and mutual respect.

- Forge meaningful connections: Build genuine social networks and friendships within the program.
- Active learning: Acquire and apply skills that contribute to my personal growth and development.
- Respectful interactions: Engage in positive interactions and conflict resolution, fostering a culture of mutual respect.
- Holistic well-being: Contribute to and benefit from a supportive community for overall well-being.



# **Dungeons and Dragons**

#### School Term Timetable:

- Mondays 2pm to 3.30pm
- Thursdays 4pm to 5pm
- Fridays 3.30pm to 5pm

#### School Holiday Timetable:

- Mondays 2pm to 3.30pm
- Thursdays 4pm to 5pm
- Fridays 4pm to 5.30pm

Duration: 1st January 2024 to 30th June 2024

Start: Queensland State School Term and School Holiday Sessions

Participant contribution: own dice only if they have their own, this is not a requirement.

This Dungeons and Dragons Phoenix Friends group is crafted to celebrate neurodiversity, fostering connections and community opportunities that champion inclusion, well-being, and respect for individuals with diverse neurological experiences.

Participants are encouraged to cultivate social networks and meaningful friendships that honour neurodivergent perspectives within the world of Dungeons and Dragons. The focus is on building an affirming and supportive gaming community where all individuals, regardless of neurodivergence, can flourish. We acknowledge and respect the unique strengths and challenges of each player, aiming to create an environment where neurodivergent individuals actively engage in learning, practice essential gaming skills, and contribute to a culture of inclusivity and mutual respect.

- Build Meaningful Connections: Foster the growth of social networks and genuine friendships that value neurodivergent perspectives within our gaming group.
- Thrive in a Supportive Community: Create an environment where everyone, regardless of neurodivergence, can flourish and actively contribute to the Dungeons and Dragons experience.
- Recognise Individual Strengths and Challenges: Appreciate and respect the unique attributes each player brings to the gaming table.
- Engage Actively: Encourage neurodivergent individuals to actively participate in learning, hone essential gaming skills, and contribute to a culture of inclusivity and mutual respect within the group.



# **Bake and Create**

# All Year Timetable:

• Mondays - Noon to 3pm

Duration: 1st January 2024 to 30th June 2024

Start: 8th January 2024

#### Participant contribution: N/A

This Bake and Create session is meticulously designed to celebrate neurodiversity, offering a dynamic platform for fostering connections and community opportunities that prioritise inclusion, well-being, and respect for individuals with diverse neurological experiences.

Participants are not only encouraged to build social networks and meaningful connections but also to actively engage in skill-building within the realms of baking and crafting. The focus is on creating an affirming and supportive community where all individuals, regardless of neurodivergence, can flourish and enhance their talents in baking and crafting. We recognise and appreciate the unique strengths and challenges of each participant, striving to establish an environment where neurodivergent individuals actively learn, practice essential skills in baking and crafting, and contribute to a culture of inclusivity and mutual respect during our sessions.

- Connect with Others: Foster social networks and friendships, prioritising well-being and inclusion.
- Develop Skills: Actively participate in skill-building activities related to baking and crafting.
- Thrive in a Supportive Community: Cultivate a supportive space where everyone, regardless of neurodivergence, can enhance talents and express creativity.
- Acknowledge Individual Strengths and Challenges: Recognise and appreciate the unique strengths and challenges of each participant.
- Contribute Actively: Encourage neurodivergent individuals to learn, contribute, and help create an inclusive and respectful environment.



# Minecraft

# School Term Timetable:

#### School Holiday Timetable:

• Mondays - 2pm to 5pm

• Mondays - 3pm - 5pm

Duration: 1st January 2024 to 30th June 2024

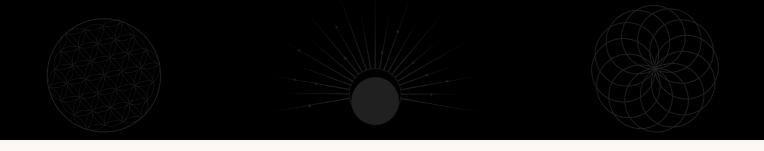
Start: 8th January 2024

**Participant contribution**: Participants are able to bring their own device **only** if they have their own, this is not a requirement.

These Minecraft Phoenix Friends sessions are thoughtfully crafted to celebrate neurodiversity, providing a dynamic platform for fostering connections and community opportunities that emphasise inclusion, well-being, and respect for individuals with diverse neurological experiences.

Participants are not only urged to build social networks and meaningful connections but also to actively participate in skill-building within the Minecraft gaming realm. The focus is on cultivating an affirming and supportive community where all individuals, irrespective of neurodivergence, can thrive and enhance their talents in the world of Minecraft. We acknowledge and appreciate the unique strengths and challenges of each participant, striving to establish an environment where neurodivergent individuals actively learn, practice essential gaming skills, and contribute to a culture of inclusivity and mutual respect during our sessions.

- Connect in Minecraft: Form friendships within the Minecraft community, emphasising well-being and inclusion.
- Skill-building in Minecraft: Actively engage in activities to enhance skills within the Minecraft realm.
- Flourish in the Minecraft Community: Thrive in a supportive environment where everyone, regardless of neurodivergence, can showcase creativity and talents in the game.
- Recognise My Strengths and Challenges: Appreciate my unique strengths and challenges, contributing to the Minecraft community.
- Actively Participate: Engage in learning, contribute ideas, and promote a culture of inclusivity and mutual respect within the Minecraft Phoenix Friends sessions.



# **Neurodivergent LGBTQI+ Tweens & Teens**

# All Year Timetable:

• Mondays - 4pm - 5pm

Duration: 1st January 2024 to 30th June 2024

Start: 8th January 2024

#### Participant contribution: N/A

These Neurodivergent LGBTQI+ Tweens & Teens Connection sessions are thoughtfully curated to celebrate diversity, providing an engaging platform to foster connections and community, with a focus on inclusion, well-being, and respect for individuals with diverse neurological experiences, including the unique challenges faced by those in the Neurodivergent LGBTQI+ community.

Participants are encouraged to build social networks and meaningful connections, actively engaging in skill-building activities. The primary goal is to cultivate an affirming and supportive community where all individuals, regardless of neurodivergence, can thrive and express their unique talents. We recognize and appreciate the distinctive strengths and challenges of each participant, aiming to establish an environment where neurodivergent individuals within the LGBTQI+ community actively learn, practice essential skills, and contribute to a culture of inclusivity and mutual respect during our sessions.

- Diverse Connection Space: Provide a space for Neurodivergent LGBTQI+ Tweens & Teens to connect, celebrating diversity and fostering meaningful connections.
- Addressing Challenges: Recognize and address unique challenges within the Neurodivergent LGBTQI+ community, creating a supportive environment.
- Skill-Building and Engagement: Actively engage participants in skill-building activities, promoting active participation within an affirming community.
- Thrive and Contribute: Cultivate an environment where individuals can thrive, express unique talents, and contribute to inclusivity and mutual respect.



# **Furry Phoenix Friends**

# School Term Timetable:

- Tuesdays 3pm 5pm
- Every 2nd Wednesday 9-11am

#### School Holiday Timetable:

- Tuesdays 2pm to 5pm
- Every 2nd Wednesday 9-11am

Duration: 1st January 2024 to 30th June 2024

Start: Queensland State School Term and School Holiday Sessions

# Participant contribution: N/A

These Furry Phoenix Friends sessions are intentionally crafted to celebrate diversity, fostering connections and community with a focus on animal therapy, well-being, and respect for individuals with diverse experiences.

Acknowledging the unique challenges within the neurodivergent community, participants are encouraged to build social networks, engage in skill-building activities, and contribute to an affirming and supportive environment. The primary goal is to cultivate a space where all individuals can thrive, express their unique talents, and actively learn within the context of animal therapy, promoting inclusivity and mutual respect.

- Animal-Therapy Connection: Provide a space in Furry Phoenix Friends sessions to celebrate diversity, fostering connections and community through the therapeutic presence of animals.
- Well-being and Respect: Emphasise well-being and respect for all individuals with diverse experiences, acknowledging and addressing unique challenges within the neurodivergent community.
- Social Network Building: Encourage participants to build social networks and meaningful connections during animal therapy sessions.
- Skill-Building Engagement: Actively engage participants in skill-building activities within the context of animal therapy, promoting active participation.
- Cultivate Supportive Environment: Cultivate an affirming and supportive environment where all individuals can thrive, express unique talents, and actively learn.
- Recognition of Individual Contributions: Appreciate the distinctive strengths and challenges of each participant, fostering an environment of inclusivity and mutual respect within the Furry Phoenix Friends sessions.

# Pokemon Go Phoenix Friends

# School Term Timetable:

#### School Holiday Timetable:

• Tuesdays - 3pm - 5pm

• Mondays - 2pm to 5pm

Duration: 1st January 2024 to 30th June 2024

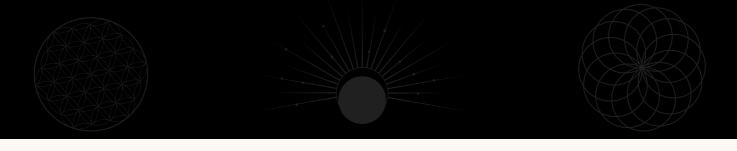
**Start:** Queensland State School Term and School Holiday Sessions

**Participant contribution**: Participants are able to bring their own device with Pokemon Go downloaded on it **only** if they have their own, this is not a requirement.

These Pokemon Go Adventure sessions are thoughtfully designed to celebrate diversity, fostering connections and community with a focus on collaborative gaming, well-being, and respect for individuals with diverse experiences.

Recognising the unique challenges within the neurodivergent neurodivergent community, participants are encouraged to build social networks, engage in skill-building activities, and contribute to an affirming and supportive environment. The primary goal is to cultivate a space where all individuals can thrive, express their unique talents, and actively learn within the context of Pokemon Go adventures, promoting inclusivity and mutual respect.

- Participate Actively in Collaborative Gaming: Engage in collaborative Pokemon Go Adventures, actively working with others for shared success and connection.
- Prioritise Well-being and Respect: Embrace a focus on personal well-being and respect for diverse experiences while navigating challenges within the Neurodivergent community.
- Build Social Connections: Actively seek to build social networks and make meaningful connections during Pokemon Go Adventures.
- Enhance Skills through Gaming: Actively participate in skill-building activities within the collaborative gaming context, contributing to the success of shared Pokemon Go experiences.
- Thrive and Showcase Talents: Contribute to creating an environment where I can thrive, express my unique talents, and actively learn within the Pokemon Go community.
- Promote Inclusive Gaming: Recognise and appreciate the strengths and challenges of each participant, actively contributing to an inclusive and mutually respectful Pokemon Go adventure.



# **Active Adventure Phoenix Friends**

# School Term Timetable:

- Mondays 3pm 5pm
- Tuesdays 3pm 5pm

#### School Holiday Timetable:

- Mondays 2pm to 5pm
- Tuesdays 2pm to 5pm

Duration: 1st January 2024 to 30th June 2024

Start: Queensland State School Term and School Holiday Sessions

**Participant contribution**: Participants to bring their own swimwear, hat, water bottle, spare clothes, sunscreen and snacks / lunch

These Active Adventure Phoenix Friends sessions are intentionally crafted to celebrate diversity, fostering connections and community with a focus on collaborative outdoor adventures, movement, and well-being for individuals with diverse experiences.

Recognising the unique challenges within the neurodivergent community, participants are encouraged to build social networks, engage in skill-building activities, and contribute to an affirming and supportive environment. The primary goal is to cultivate a space where all individuals can thrive, express their unique talents, and actively learn within the context of Active Adventure Phoenix Friends, promoting inclusivity, mutual respect, and a shared appreciation for movement and outdoor exploration.

- Engage in Collaborative Outdoor Adventures: Actively participate in Active Adventure Phoenix Friends, prioritising well-being, social connections, and skill-building through outdoor activities.
- Thrive and Showcase Talents: Contribute to a thriving and inclusive community, expressing unique talents and actively learning within the Active Adventure environment.
- Promote Inclusive Outdoor Exploration: Recognise and appreciate each participant's strengths and challenges, fostering a shared appreciation for movement and outdoor exploration.



# School Term Timetable:

# • Wednesdays - 2pm - 5pm + after school (teens)

• Thursdays - 9am to Noon (children)

Duration: 1st January 2024 to 30th June 2024

Start: Queensland State School Term and School Holiday Sessions

# Participant contribution: N/A

This 'Authentically You' Therapy Group is thoughtfully designed to celebrate diversity, fostering connections and community through engaging activities that help participants discover the amazing things about themselves.

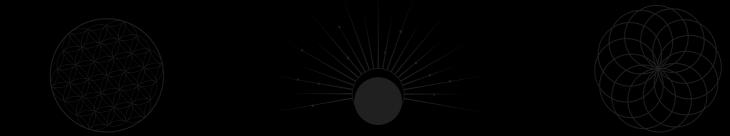
Recognising the unique challenges within the neurodivergent community, participants are encouraged to build social networks, engage in skill-building activities, and contribute to an affirming and supportive environment. The primary goal is to cultivate a space where all individuals can thrive, express their unique talents, and actively learn within the context of the 'Authentically You' Therapy Group, promoting inclusivity, mutual respect, and a shared appreciation for personal exploration and growth.

# **Program Objectives:**

- Discover and Celebrate Yourself: Actively engage in the 'Authentically You' Therapy Group, participating in fun and engaging activities to discover and celebrate your unique qualities.
- Build Confidence: Cultivate a sense of confidence through the activities and interactions within the group, promoting self-assurance and positive self-expression.
- Foster Authentic Expression: Encourage and embrace authentic self-expression within a supportive environment, allowing participants to express their true selves openly and without judgment.
- Build Social Connections: Actively participate in building social networks and meaningful connections during the 'Authentically You' Therapy Group sessions.
- Enhance Skills through Engaging Activities: Participate in skill-building activities that contribute to personal growth, creating an environment where individuals can thrive.

# School Holiday Timetable:

- Wednesdays 2pm to 5pm (teens)
- Thursdays 9am to Noon (children)





# Witchcraft Phoenix Friends

# School Term Timetable:

• Wednesdays - 3.30pm - 5.30pm

#### School Holiday Timetable:

• Wednesdays - 2pm to 5pm

Duration: 1st January 2024 to 30th June 2024

Start: Queensland State School Term and School Holiday Sessions

#### Participant contribution: N/A

This Witchcraft Phoenix Friends Group is thoughtfully designed to celebrate diversity, fostering connections and community through engaging activities that help participants discover the amazing things about themselves.

Recognising the unique challenges within the neurodivergent community, participants are encouraged to build social networks, engage in skill-building activities, and contribute to an affirming and supportive environment. The primary goal is to cultivate a space where all individuals can thrive, express their unique talents, and actively learn within the context of the 'Witchcraft Special Interest Group' Therapy Circle, promoting inclusivity, mutual respect, and a shared appreciation for personal exploration and growth

- Community Embrace: Cultivate a supportive community centred around shared experiences in nature-based witchcraft.
- Skill Empowerment: Develop magical skills, rituals, and practices to empower participants in their magical journey.
- Inclusive Exploration: Encourage diverse exploration of nature-based witchcraft within the neurodivergent community.
- Personal Growth: Foster individual growth, helping participants discover and embrace their unique strengths and magical inclinations.
- Authentic Expression: Support authentic self-expression through the lens of naturebased witchcraft.
- Well-being Practices: Integrate mindfulness and spiritual well-being activities rooted in nature-based witchcraft.
- Respectful Exchange: Cultivate an atmosphere of mutual respect, promoting a free exchange of ideas, learning, and trust

# Nature Adventure Phoenix Walk

# All Year Timetable:

• Thursdays - 9am to 11.30am

Duration: 1st January 2024 to 30th June 2024

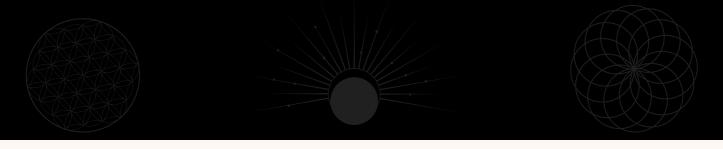
Start: Queensland State School Term and School Holiday Sessions

**Participant contribution**: Participants to bring their own swimwear, hat, water bottle, spare clothes, sunscreen and snacks / lunch

The 'Nature Adventure Phoenix Walk' promotes diversity, community, and skill-building for the neurodivergent.

Focused on inclusivity and mutual respect, it encourages participants to thrive and learn in a supportive environment. Embracing movement and nature-based adventures, the program includes bush skills, fostering physical well-being and a love for exploring the outdoors.

- Community Connection: Engage in activities fostering diversity and community bonds.
- Network Building: Develop social connections within the neurodivergent community.
- Skill Enhancement: Participate in skill-building activities for personal growth.
- Supportive Atmosphere: Contribute to an affirming and supportive environment, addressing neurodivergent challenges.
- Individual Thriving: Create a space for personal expression, thriving, and active learning.
- Inclusivity and Respect: Promote inclusivity, mutual respect, and value diverse perspectives.
- Personal Growth: Encourage shared appreciation for individual exploration and growth.
- Physical Well-being: Embrace movement and nature-based adventures for enhanced physical well-being.
- Joyful Exploration: Immerse in bush skills and nature-based activities, fostering joyful exploration of the natural world.



# **Animal Crossing Phoenix Friends**

# All Year Timetable:

• Fridays - 1.30pm to 3pm

Duration: 1st January 2024 to 30th June 2024

Start: Queensland State School Term and School Holiday Sessions

**Participant contribution**: Participants are able to bring their own device with Animal Crossing accessible on it **only** if they have their own, this is not a requirement.

The 'Animal Crossing Gaming Phoenix Friends' promotes diversity, community, and skillbuilding for the neurodivergent community.

Focused on inclusivity and mutual respect, it encourages participants to thrive and learn in a supportive community environment. Embracing virtual adventures and gaming activities, the program includes strategies for well-being and a love for exploring the digital world of Animal Crossing.

- Community Connection: Engage in activities fostering diversity and building connections within the neurodivergent community.
- Friendship Building: Develop virtual friendships within the Animal Crossing gaming community.
- Skill Enhancement: Participate in gaming activities for personal growth and skillbuilding.
- Supportive Atmosphere: Contribute to a supportive virtual environment, addressing challenges within the neurodivergent community.
- Individual Thriving: Create a space for personal expression, thriving, and active learning in the world of Animal Crossing.
- Inclusivity and Respect: Promote inclusivity, mutual respect, and value diverse perspectives within the gaming community.
- Personal Growth: Encourage shared appreciation for individual exploration and growth through virtual experiences.
- Digital Well-being: Embrace gaming activities for enhanced well-being in the digital space.



# All Year Timetable:

• Fridays - Noon to 1.30pm

Duration: 1st January 2024 to 30th June 2024

Start: Queensland State School Term and School Holiday Sessions

**Participant contribution**: Participants are able to bring their own device with Roblox accessible on it **only** if they have their own, this is not a requirement.

The 'Roblox Gaming Phoenix Friends' promotes diversity, community, and skill-building for the neurodivergent community.

Focused on inclusivity and mutual respect, it encourages participants to thrive and learn in a supportive community environment. Embracing virtual adventures and gaming activities, the program includes strategies for well-being and a love for exploring the digital world of Roblox.

- Community Connection: Engage in activities fostering diversity and building connections within the neurodivergent community through Roblox gaming.
- Friendship Building: Develop virtual friendships within the Roblox gaming community.
- Skill Enhancement: Participate in gaming activities to foster personal growth and build skills within the digital realm.
- Supportive Atmosphere: Contribute to a supportive virtual environment, addressing challenges within the neurodivergent community while navigating the world of Roblox.
- Individual Thriving: Create a space for personal expression, thriving, and active learning in the digital world of Roblox.
- Inclusivity and Respect: Promote inclusivity, mutual respect, and value diverse perspectives within the gaming community.
- Personal Growth: Encourage shared appreciation for individual exploration and growth through virtual experiences within Roblox.
- Digital Well-being: Embrace gaming activities for enhanced well-being in the digital space, fostering a healthy relationship with technology.
- Digital Exploration: Immerse in the digital world of Roblox, cultivating a love for exploration, creativity, and learning within the gaming community.

# Digital Art Phoenix Friends

# All Year Timetable:

• Fridays - 3pm to 5pm

Duration: 1st January 2024 to 30th June 2024

Start: Queensland State School Term and School Holiday Sessions

**Participant contribution**: Participants are able to bring their own device with a form of Digital Art accessible on it **only** if they have their own, this is not a requirement.

The 'Digital Art Phoenix Friends' promotes diversity, community, and skill-building for the neurodivergent community.

Focused on inclusivity and mutual respect, it encourages participants to thrive and learn in a supportive community environment. Embracing virtual adventures and creative activities, the program includes strategies for well-being and a love for exploring the digital world of Digital Art.

- Community Connection: Engage in diverse activities, fostering connections within the neurodivergent community through Digital Art.
- Creative Friendship Building: Develop virtual friendships within the Digital Art community, creating a space for shared creativity.
- Skill Enhancement: Build personal growth and digital art skills in a supportive virtual environment.
- Supportive Atmosphere: Navigate challenges within the neurodivergent community while exploring the world of Digital Art.
- Individual Thriving: Express yourself, thrive, and actively learn in the realm of Digital Art.
- Inclusivity and Respect: Promote inclusivity, mutual respect, and value diverse perspectives within the Digital Art community.
- Personal Growth: Encourage shared appreciation for individual exploration and growth through digital artistic experiences.
- Digital Well-being: Foster well-being through digital art activities, nurturing a healthy relationship with creative technology.
- Digital Exploration: Immerse in the world of Digital Art, fostering a love for exploration, creativity, and learning within the artistic community.