

# Free Holiday Program

## Who for?

- Do you like to have fun?
- Are you ages 8-17?
- Do you desire to make new friends?
- Are you curious to explore outdoors?
- Do you experience a disability or neurodivergent?
- Do you have NDIS funding, no worries still free.
- Do you live in Lithgow LGA?

**Join the Tribe!!**

**Chat to  
Dominique  
0429 146 117**



# Program Details

**This is a 2 day nature wellness based program for Youth living in Lithgow LGA.**

## **What is provided:**

- **Day 1 (23rd April) - River exploring, fire making, swims**
- **Day 2 (24th April) - exploring a cave, lookouts, climbing, water hole**
- **Food - nourishing lunch and snacks provided**
- **Equipment - for all activities to have fun, learn & stay safe**
- **Facilitators - Connect & Explore Team are highly qualified, passionate and experienced staff**
- **Wellness tools - explore meditation and self discovery tools each day**
- **Transport - to and from activity locations provided. 9am drop off and 4pm pick up at PCYC Lithgow.**

**Connect & Explore and Lithgow PCYC have partnered to offer this program fee free. Generously funded by the Office for Regional Youth**

