



## Learning new skills

### Innovative training, based on individual needs

**ACES is the place to go to learn new skills and build on your own interests and abilities.**

ACES can help you work on important life skills – things like cooking and food preparation, shopping and computer skills.

Our centre-based day programs offer the chance to learn about music, art and drama and to develop your skills in sports like sailing, bowling and horse riding.

We also provide employment training and supported volunteer and work-like experiences. These might be just what you need to find and keep your own job.

Through our partnership with SkillsLink Training, there are lots of training courses available including:

- ✔ **computer skills**
- ✔ **photography**
- ✔ **yoga & relaxation**
- ✔ **budgeting skills**
- ✔ **first aid**
- ✔ **cooking**
- ✔ **art & card making**
- ✔ **jewellery making**

*You choose the classes that interest you and ACES does the rest.*

**Find out how you can build on your skills and abilities.**

**Phone Kathy at ACES on (02) 6581 2348.**

