

WHAT IS GUIDE TO ADULTING?



Guide to Adulting is a course for young people aged 17 to 21.



It helps you get ready for life after school. You learn about money and relationships.



The course goes for 8 weeks. You come to 1 session each week.



You learn in a small group. There are no more than 10 people.

WHAT WILL I LEARN?



Money

How to budget, save and pay bills.



Staying safe

How to spot scams and stay safe online.



Feelings

How to understand your emotions.



Speaking up

How to handle conflict and ask for what you need.



Communication

How to talk with friends, family and new people.



Living independently

Skills for living on your own one day.

WHO CAN JOIN?



Young people aged 17 to 21 with an NDIS plan.



The course can be paid for with your NDIS funding.



The sessions are hands-on and interactive. You get tips to take home too.

HOW DO I JOIN?



Talk to your Support Coordinator, your family or someone you trust.



Call us on 1800 577 370.



Email us at admin@fsacademy.com.au



Visit our website: fsacademy.com.au

Level Up: real skills for real life.