

**At Skylight
we are inspired
by the resilience
of the human
spirit and the
potential in all
of us to live well.**

Our services are designed around your direct needs, to strengthen a meaningful life as defined by you.

Everything from connecting with the community, staying on top of the day-to-day or making space for new opportunities. We're right here with you.

We share a journey to empowerment with individuals, their families, friends and carers.



SEE MENTAL HEALTH DIFFERENTLY

Ph: (08) 8378 4100

Fax: (08) 8378 4199

W: skylight.org.au

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PO Box 310 Marleston SA 5033

ABN: 85 595 741 081

METRO LOCATIONS

Central 73 Henley Beach Rd, Mile End SA
Southern 64 Elgin Ave, Christies Beach SA
Northern 15 Elizabeth Way, Elizabeth SA

REGIONAL LOCATIONS

Murraylands 100 Adelaide Rd, Murray Bridge SA
Limestone Coast 12 Crouch St Sth, Mt Gambier SA
APY Lands Pukatja, SA
Fleurieu Region Various Locations



Skylight acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging. Skylight celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.

Registered NDIS Provider:
4050000735



SEE MENTAL HEALTH DIFFERENTLY

Activity Groups



SEE MENTAL HEALTH DIFFERENTLY

How can I access Skylight Services?

Skylight services are funded through multiple sources. Support can be accessed with an NDIS funded package, as a fee for service option, via Medicare or other government grants in selected circumstances.

Please give our Customer Relations Team a call on (08) 8378 4100 to discuss which option is best for you.



www.skylight.org.au

Activity Groups

Skylight Activity Groups are held in the community, in Skylight centres or online, in both metro and regional areas.

We hold a range of different groups, including:

- music
- art and craft groups
- cooking classes
- social groups
- outings in the community
- and lots more

These activity groups provide a flexible and supportive environment in which you can participate in various activities whilst socializing and meeting new people.

The program provides a place where you can build skills, develop friendships, be accepted and connect with the community.

They provide an opportunity for connection and engagement, relationship building, improvement of physical, mental and emotional wellbeing.



Skylight offers excellent programs, encouraging my skill development. Skylight has opened up opportunities that have been life-changing.

Skylight Activity Group Participant



ACTIVITY GROUP LOCATIONS

METRO

Central Adelaide
Southern Adelaide
Northern Adelaide

REGIONAL

Murraylands
Limestone Coast
Fleurieu Peninsula

By attending Activity Groups at Skylight, you will be provided the opportunity to:

- Build social skills have fun, and improve your individual skills
- Develop friendships through socialising with others within the group
- Increase your social interactions and community participation.
- Discover new learning opportunities related to your social and community participation goals
- Work with us so we understand your unique needs, strengths and goals