



GRIT

GIRLS • RESILIENCE • INCLUSION • THRIVING

Come and hang with friends in a safe & inclusive space.

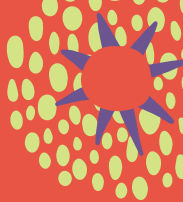
Join in activities, learn new skills, cook,
listen to music and have fun!

EVERY MONDAY • 4PM – 6PM
SPRINGWOOD YOUTH CENTRE
During School term

“Our GRIT group provides a safe and encouraging environment that promotes growth in our girls, exploring new activities and developing friendships.”

Beth, facilitator

able 2



GRIT

GRIT operates out of a fully equipped youth centre in Springwood, with pool tables, Xbox, computers, musical instruments ...and lots of food!

GRIT is staffed by trained and experienced youth disability workers.

Contact us if you are interested in coming along!

We can also help with:

- Support Co-ordination
- Early Intervention
- Plan Management
- Positive Behaviour Support



Contact us or more info & to register:

 02 4760 4642  www.able2.net.au

 [able2bluemtns](https://www.instagram.com/able2bluemtns)  [Able2](https://www.facebook.com/Able2)



Registered NDIS Provider