

Empower Care

Solutions Hub



TEENS NIGHT PROGRAM GUIDE

2025



Information

Program Overview – Teens Night

Empower Care's Teens Night Program is a fun, inclusive, and community-based program designed for teenagers aged 13–19 living with a disability. Held every second Friday from 3:30 PM to 7:30 PM, this program provides a safe and engaging space for teens to connect, grow, and enjoy exciting new experiences alongside peers.

Each session is packed with high-energy, age-appropriate activities that encourage social connection, confidence, and personal development—all while having an unforgettable time.

Why join?

Teens Night offers so much more than just a couple of hours out—it's a space where teenagers can make new friends, form real connections, and explore the community in fun and safe ways. Each session provides opportunities to build practical social and interpersonal skills, grow in self-confidence through new experiences, and feel truly included, empowered, and supported in a welcoming environment.

To register a spot in the Fit Friends Program, please contact savannah@empowercaresolutionshub.com.au

Join Teens Night today and start building real friendships, gaining confidence, and making memories that last a lifetime!

Cancellations

If you need to cancel your booking, please aim to do so at least 2 days before the activity by calling 0403 619 837 or email savannah@empowercaresolutionshub.com.au. Cancellations made with 2 days or more notice will not attract a cancellation fee for your supports. Fees paid for ticketed events may be refunded or credited if we are able to replace your booking.

TEENS NIGHT PROGRAM

Who Can Join?

- Ages: Teens Program 13–17 or 18+ programs
- Open to NDIS participants with Core Supports funding
- Tailored support available depending on individual needs
- Support ratios available: 1:1, 1:2, or 1:3 depending on individual needs

What a Session Looks Like

Session time: 3:30 PM – 7:30 PM

Every Second Friday

Each Teens Night session is carefully planned to ensure a fun, safe, and supportive experience.

The afternoon begins with home pick-up by our friendly support team. From there, we head to the planned activity—this could be a live NRL game, outdoor ball games at a local park, a smash room session, or a night out at Archie Brothers.

Upon arrival, we begin with a relaxed group check-in, helping everyone settle in and feel comfortable. The group then jumps into the main activity, with support staff on hand to guide and encourage participation.

After the activity, there's time for a quick group reflection before our team provides safe drop-off home.

Every session is designed to promote independence, build confidence, and foster real friendships—all while having a great time in the community.

TEENS NIGHT PROGRAM

What Participants Gain

The Teens Night program is designed to support both social and personal development in a safe, inclusive, and engaging environment. Through fun, community-based activities and consistent peer interaction, participants gain far more than just a fun night out:

Stronger Friendships and Social Bonds: Teens have the chance to meet others their age, form real connections, and build lasting friendships. Group activities are designed to encourage collaboration, shared experiences, and positive peer interactions.

Improved Communication and Social Interaction: Regular participation helps develop social confidence, turn-taking, active listening, and the ability to navigate group dynamics. These skills are essential for building healthy relationships both now and into adulthood.

Increased Self-Confidence and Independence: By trying new activities, stepping outside their comfort zones, and contributing to group discussions, participants build a stronger sense of self-belief and resilience. This also encourages them to take initiative and make their own decisions.

Positive Experiences in the Wider Community: Every session brings new opportunities to engage with the broader community, whether through attending public events, visiting local venues, or using public spaces—supporting inclusion and a sense of belonging.

Life Skills for Everyday Success: From navigating social settings to understanding group etiquette, managing time, and building personal responsibility, participants develop key skills that support everyday living and help prepare them for future transitions and greater independence.

TEENS NIGHT PROGRAM

NDIS Funding Information

Fit Friends is fully NDIS-compatible and can be funded under your child's existing plan through Core Supports – Community, Social and Recreational Activities.

Funding Category

- NDIS Line Item: Core Supports – Assistance with Social & Community Participation
- Rate: Pricing is aligned with the current NDIS Price Guide

Who Can Access This Program?

Participants who are:

- Self-Managed
- Plan-Managed

We're happy to liaise with *plan managers* or help you determine how this program fits within your child's current plan.

Out-of-Pocket Costs

While NDIS covers staff support and program facilitation, some costs are not covered:

Teens Night runs on an alternating schedule:

Every **second session** includes a paid activity (e.g. NRL games, Archie Brothers, smash rooms).

- Cost: \$10–\$50 depending on the activity
- Plus: Money for dinner

Alternate sessions involve free activities (e.g. park games, group hangouts).

- Cost: \$10 for food

All costs are shared in advance to help families plan ahead.