

Introducing
AFTER
HOURS

Social Events

Devised by Donna Gabriel with Margot Stretch,
Riki Domagalski and friends



After Hours delivers practical people skills through progressive dance and other creative mediums. It's speed-dating on the move, face-to-face social-networking and more! Combining social interaction with the arts, these diverse evenings can empower adults of all abilities to actually enjoy gaining new skills and knowledge in an inclusive, structured

setting. All Staff are fully qualified in their field.

After Hours seeks:

1. Interested participants who want to learn;
2. Supportive carers, family, friends and collaborative partners;
3. All-ability venues across Melbourne near public transport.

Learning Outcomes include improved:

- Self esteem through meaningful personal reflection and confidence building;
- Communication, team work and conflict resolution styles;
- Understanding of healthy recreation and safe relationships;
- Enjoyment and interest in fitness, mental and physical wellbeing;
- Ongoing access to new opportunities.

After Hours cultivates:

- Healthy lifestyle options that are, affordable, creative and empowering and three hours of fun;
- Non-judgemental inclusion regardless of ability, age, race, religion and gender choice;
- A philosophy of 'Education Breeds Safety';
- Understanding of consent, safety and sexuality.

After Hours, What's the Need?

This program has grown from a range of community programs, responding to expressed need for relationship education, increased opportunities for social engagement and encouragement to become more active.

In her facilitation, Donna Gabriel meets many socially isolated people, often lacking confidence and suffering negative head-chatter; adults with disability are among the most isolated. *"It is obvious to me how unfit many participants are; lacking skills to break inactive patterns. As a calisthenics, dance and drama teacher, I feel obliged to fill this gap in a fun, exciting way that offers inspirational lifelong learning, linking active participation to key health messages in a social setting".*

Dave Glazebrook, CEO, Child Protection Society: *"In 2008-10 I employed Donna Gabriel to develop then run a highly successful program, teaching people with disabilities social and relationship skills. Over 100 people participated with various disabilities, making the task of ensuring they all gain value from it, complex. Donna delivered!"*

LET'S GET THIS PARTY STARTED!

Come 'n Try AFTER HOURS 2012

Oakleigh 19.9.12 then 3rd Wednesday each month

Middle Park 26.9.12 then 4th Wednesday each month

Bookings are essential. Contact: Donna Gabriel, 0414 250 932 info@donnagabriel.com.au

After Hours is supported by Arts Access Victoria