

Other Supports

Sports Clinics

Developing sports skills
basketball Essentials, gym, fitness,
boxing nutrition & discipline

Employment Ready

Resume assistance & employment opportunities

Assistance, With New NDIS Plans

Helping new participants apply for NDIS

Other Services

General house cleaning

More Information

Our team is passionately driven to support individuals in enhancing their emotional and social well-being by facilitating programmes and services that promote autonomy, build capacity, independence, help individuals attain their goals, and have greater hope for their future to live a contributing quality of life.



Breaking Barriers & Thrive

ask@bbthrive.com.au
www.bbthrive.com.au
Ph: 0483 11 11 68



BBT'S SERVICES

Our vision

What Really Matters
Peoples Voices Are Heard
Empowering Individuals
Together To Overcome
Barriers
And Thrive

Contact

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With BBT It Is A Journey Not A Destination



At **BBT** we take a holistic approach, person-centred strength based recovery framework

About Us

BBT Breaking Barriers & Thrive is an outreach service specialising in mental health/disability and psychosocial recovery wellness. We work alongside each person and not just focus on their mental health conditions but help identify the barrier preventing the individual's emotional well-being. With this in mind, we empower people to have control over their life regardless of their emotional experiences to build healthier habits for better physical and mental health outcomes.

"Instead of just surviving, you're overcoming barriers and start thriving."

We focus on the needs of the individual and how each person presents themselves to have a voice, exercise control, and participate in collaborative planning to ensure goals align with their NDIS plan.

Our Services

Capacity Building

- Psychosocial Recovery Coach - recovery coaches build capacity, improve wellbeing and community participation
- Positive Behaviour Support Therapy / Counselling
- Therapeutic Groups - build confidence, acceptance and a stronger sense of self

Core Supports

- Mental Health Support Work /General Support Work
-Life skills development, recreation & respite, support for daily living
- Mentoring Support Programs & Events - youth workshops
 - Group Community Activities (art & music) -social connections (restaurants/cafes), outdoor adventure health (camping/bonfire, bush walks, fishing, gold-detecting etc,)

OUR PROGRAMS INCLUDE

LIFE SKILLS DEVELOPMENT

- ✓ Budgeting-Travel Support-Cooking Meals-Household Care-Shopping

RECREATION

- ✓ Attend Sports Events. Football-Soccer-Tennis-Basketball & more
- ✓ Gaming. Console-Arcade-Laser Tag-Paint Ball-VR & more
- ✓ Activities: Go Karts-Bowling-Kiting Indoor Rock-Climbing-Theme Parks, music dance & Art
- ✓ Popcorn & Movies- Ice-Skating-Bowling- Fishing-Nature Walks-Zoo-Aquarium

RESPIRE

- ✓ Camping-Story & Bonfire-Adventure Walks-Weekend Retreats-Archery

- ✓ Woodwork Workshops, PPE Tool Introduction & Safety.

OTHER

- ✓ Employment Ready - NDIS Employment Opportunities



SPORT CLINICS



- Developing Sport Skills
- Basketball Essentials
- Agility and Core Strengthening
- Soccer and Tennis Basics
- Gym, Fitness and Nutrition
- Boxing, Kickboxing & Discipline

SOCIAL & COMMUNITY PARTICIPATION

Social events-Theatre-Live Bands-Social Groups & Restaurants/Cafes

Mindfulness / Selfcare
Walk n Talk
Connect / Developing
Friendships



For More Information
Contact us today to schedule a meeting.

M: 0483 111 168

e-mail ask@bbthrive.com.au



Empowering individuals together to overcome barriers!

BUILD RESILIENCE
DEVELOP LIFE SKILLS



Location : Melbourne Vic



BBT
Breaking Barriers & Thrive

BBT'S PROGRAMS & EVENTS

OUR ACTIVITY MODEL FOCUSES ON WHAT REALLY MATTERS - PEOPLES NEEDS COME FIRST
EMPOWERING INDIVIDUALS TOGETHER TO OVERCOME BARRIERS!

OUR MENTORING SUPPORT PROGRAMS & ACTIVITIES ARE INDIVIDUALLY DESIGNED FOR GROWTH & DEVELOPMENT
STRENGTH BASED RECOVERY FRAMEWORK
PERSON CENTRED

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Tree top walking
Flying foxes
Bush walks.

