



Your Journey Your Way

Waypoint



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What is Waypoint?

Waypoint is a therapeutic program that nurtures self-confidence, builds social connection, and supports the development of practical life skills through meaningful experiences with animals, nature, and creativity. Designed especially with young people in mind, the program offers a safe space to grow, connect, and express.

True to its name, Waypoint is a meaningful moment along each participant's journey — a place to pause, reconnect, and take the next step toward what matters most. Based on a peaceful rural property in Sampson Flat, sessions invite participants to explore, create, and grow at their own pace.



- Equine & nature based activities
- Art & creativity
- Social skills
- Drama games
- Life skills

Waypoint is delivered on the traditional land of the Kaurna people.

Meet The Team



Tam

Tam combines her background in social work and creative arts to support individual expression and connection. She brings warmth, creativity, and a trauma-informed approach to her work with neurodiverse individuals and young people.



Amelia

Amelia draws on her psychology background and experience mentoring neurodiverse young people to create supportive, confidence-building environments through equine and nature-based therapies.



Each experience is tailored to the participant's NDIS goals, interests, and needs, and delivered in a supportive and inclusive environment.

Our approach is guided by evidence and shaped around each participant's unique goals and preferences.

Whether you're building confidence, communication, independence, or simply looking for space to be yourself, Waypoint offers a calm and welcoming place to do just that — always supporting your journey, your way.

Contact us for a referral form and to arrange a visit

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