

Come experience the XTend Yourself

Respite and Mental Health Retreats

XTend Yourself Respite and Mental Health Retreats provide an experience away, giving individuals the opportunity to try new environments and activities, but it's so much more than that...

Thoughtfully Structured

The time away is thoughtfully structured to incorporate a balance of exploration, relaxation, along with counselling and mental health activities.

Human Connection

It provides the individual with genuine human connection with skilled alternative allied health services.

Safe & Inviting

The program is customised to meet individuals as they are and where they are at. The activities encourage individuals to be their genuine selves, while providing a safe and inviting space to do so.

Genuine Enrichment

Individuals are heard and encouraged to explore and take up space, while experiencing genuine enrichment based on their interests and needs.



Participant Testimonial:

"I felt like my brain was coming 'alive' again and felt safe to explore and seek enjoyment in tasks such as eating and enjoying food... I'm feeling hopeful for the future."

“XTend Yourself Respite and Mental Health Retreats provide a unique, innovative, and exceptional opportunity for healing and empowerment, physically and psychologically, in a thoughtful environment with people who care.” - CEO, Vendra Begonja



Example Activities & Experiences Include:

- Being welcomed to beautiful accommodation with a gift relating to their interests.
- Introduction to play therapy - engaging with fine motor skills, reading, writing and other creative tasks.
- Meditation, breathing and trauma healing from an accredited allied health professional.
- Day Trips to explore new areas, restaurants and spend time in nature.
- Introduction of counselling worksheets – created specifically based on individual needs.
- The opportunity to attend public events and experience a new social scene.
- Engaging with new people, to discuss worldly things including future hopes and goals.

Pricing: As per the NDIS Price Guide

Special Offer!

We are delighted to offer you a special introduction offer at our new venue! \$590 per night will include: Overnight accommodation in a private room, communal dinner and breakfast, engaging activities, as well as a private one-on-one experience with the XTend Yourself CEO and mental health clinician, Vendra Begonja.