



Eat, Cook and Mingle

for Teens

Join us for an evening of Cooking, Eating and Mingling! This 8 week group is targeted for youth who want to learn basic cooking skills and make some new friends while they do it.

Throughout the group participants will learn fundamental cooking skills such as, chopping, mixing, and following recipes.

During the group the facilitators will support participants in fostering new friendships, and help them to feel more comfortable in the kitchen.

Your “new chef” will leave the group with the confidence to use these new found skills in their day-to-day life along with a copy of all of the recipes they made.

Where: 500 Hallmark Drive, Waterloo, ON

When: Tuesday evenings, October 2-nd December 4th 2018

Time: 5:30-7:30

Cost: \$75.00

Firefly 

For more information or to register visit us
online at fireflytherapy.ca

fireflytherapy.ca 