

# Eat, Cook and Mingle

## ★ Tween ★

Join us for Cooking, Eating and Mingling! This 8 week group is for youth in Grades 6, 7, and 8 who want to learn basic cooking skills and make new friends in the process.

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

KidsAbility staff will support participants in fostering new friendships, and helping them to feel comfortable in the kitchen.

Your “new chef” will leave the group with the confidence to use their new skills on a daily basis. Plus they will receive a copy of all of the recipes they made.

**Where:** 500 Hallmark Drive, Waterloo, ON

**When:** Monday evenings, October 15th- December 3rd, 2018

**Time:** 5:30-7:30

**Cost:** \$75.00

**Firefly** ★★

For more information or to register visit us online at  
[fireflytherapy.ca](http://fireflytherapy.ca)

[fireflytherapy.ca](http://fireflytherapy.ca) 