



Cooking Group

Budgeting, shopping, and cooking are complex skills that take time and support to develop proficiency and confidence. These are critical skills for teenagers to develop as they move to independent living.

In this group, Participants will work together with peers and adults to budget, shop and cook a meal.

Skills to be developed:

- Cooking meals safely and confidently.
- Using a shopping list.
- Problem-solving and asking for help.
- Budgeting for the meal
- Emotional regulation
- Sensory regulation
- Expanding diet
- Socialization with same-aged peers.

Requirements for individuals to participate:

- Age 15-18 years old
- Have a support worker or adult who can stay and assist participant to contribute to the group.
- Have a small budget to buy cooking ingredients.
- Have basic language skills – Able to put a simple sentence together.
- Have basic fine motor skills – e.g., cutting with a knife and scissors, stirring with a spoon, pushing, and pulling of equipment.

Dates:

Tuesday Nights Term 2 starting 29th of April

Program Times:

4-5 pm

Group Length:

10 weeks

Venue:

Pinarc Disability Support Golden Point Campus. 120 English Street, Golden Point

Community visits at local shopping centres will occur in 4 different weeks.

How Much Does It Cost?

The cost of the program is \$1,379.75 for the duration of the group. You will be committing for the duration of the group.

A report can be requested however this will be an additional cost.

How do I register:

Call Amy Brockman on 0493 792 499 or Administration on 5329 1300.

Other important info:

A parent or support worker will need to be present for the duration of the sessions.