



Cooking Club Age 16+

The Cooking Club strives to offer a therapeutic recreation approach to the lifeskill of cooking, independently. It is aimed at providing the sense of role and worth through independent choice making in meal planning and preparing, cooking and food safety and self-care skills. To support a healthy active lifestyle.

We will offer a variety of clean living cooking styles that include: paleo, vegetarian, gluten and dairy free, Mediterranean etc. It will offer a wide range of recipes and opportunities to explore various ways to eat healthy and make good lifestyle choices.

Participants will also learn essential tips regarding nutrition, hydration, various meal choices (breakfast, lunch and dinner), money management and grocery shopping through a variety of peer to peer and independent support and independent goals will be set.

All of our programs are run by an educated and skilled Recreation Therapist.

Various Locations

8 week sessions: 1X week 1.5 hour sessions

Cost \$250.00 +HST (for all 8 sessions)

includes full dinner meal

Registration Only 1-877-855-7070 or recreative@recrespite.com

SPACES ARE LIMITED!