



Cooking Program

The Cooking Program provides a safe instructional environment to learn the basics of meal preparation. Participants will learn to produce a variety of dinner options using the "whole plate" method of nutritional control.

The program aims to increase self-confidence when cooking independently with instructional methods that include video, incremental steps in a cue card format, and direct experience through repetition. All participants receive recipes, videos and cue cards at the end of the course.

Increasing social communication among cooking class peers is supported by the small class size and facilitated by an experienced instructor.



Group Size and Schedule

Each class is capped at 6 students -- 16 years and up
This 6 week program meets Monday & Wednesday

Time: 3:30 pm to 5:30 pm

Future Sessions

April 16th to May 28th 2012 - *No class on May 21, 2012*
September 26th to October 31 2012
January 7 to February 13 2013

Fees

\$420 for the 6 week program



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tear here

Cooking Program Registration

Client's Information

Surname: _____ First Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____ Date of Birth: _____

Parent/Guardian's Information

Surname: _____ First Name: _____

Phone: _____ Cell: _____

Work: _____ Email: _____



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imagine the possibilities!