



FALL 2024

SHOP, COOK & LEARN

For autistic teens ages 13 to 17.

LET'S GET COOKING!

Learning to cook is an essential life skill! Teens completing this program will have more confidence in the kitchen and more independence. This is a great opportunity to explore new interests, practice time management, develop problem-solving skills, and make new friends!

EVERY OTHER FRIDAY




DATES: September 20
October 4, 18
November 1, 15, 29

TIME: 5:30 p.m. to 8:30 p.m.

LOCATION: Centre for Autism Services
Alberta | #1, 9353 50 St. NW,
Edmonton


COST: \$250

GET HANDS ON EXPERIENCE!

- Meal planning
 - Budgeting
 - Making grocery lists
 - Grocery shopping
 - Knife skills
 - Cooking
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REGISTRATION OPEN! ➡

Questions? Contact Cassidy at
info@centreforautismab.ca or
780 488 6600 ext. 216

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