

COOKING CLASS

Learn to Cook Simple Nutritious Meals

Course Highlights:

- Goal focused with participant input
- Hands on learning
- Canada's Food Guide
- Food and Kitchen safety

Eligibility:

- Adults (ages 18+) with an intellectual disability
- Follow up from family, guardian or home support

Location: North York Employment Training Services Kitchen
1122 Finch Avenue West, Unit 16

Dates and Times: Tuesdays – 5:00 pm to 8:00 pm
April 18 to June 6, 2017

Fee: \$80.00 per participant

Payable by cheque to 'Community Living Toronto' or credit card payment only

Must be a member of Community Living Toronto
Please contact Wendy for details

North York Council is providing a portion of the financing for this program!

Please return application forms by Friday April 7, 2017! Space is Limited! Enrollment will be determined after applicants participate in a pre-course interview.

For more information and an application form
Please contact Wendy Dyke at 647-729-3627
email wdyke@cltoronto.ca