Make a Meal of It: Building capacity for an independent life

Are you interested in learning more about making easy meals? Are you keen to meet new people? Travel to the shops? Want to grocery shop like a pro? Cook to impress? Then this program is for you!

Make a Meal of It is a 10-week group program for adults that aims to help develop independence and daily living skills through activities including cooking, budgeting, shopping, using public transport and social participation.

Developed by our experienced occupational therapists, the program will be delivered in a fun, relaxed and secure environment.

Delivered at Autism Queensland, 437 Hellawell Road, Sunnybank Hills
Commencing Thursday 31 January.
Two sessions available:
10am-1pm or 3pm-6pm
Cost: $1792.80 for all 10 sessions (+ $10 per session food cost.)

For more information:
P 07 3273 0000
E. customerservice@autismqld.com.au

Autism Queensland is a registered provider of NDIS supports.