

# 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? 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 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

Cost: \$2,230.78 + \$7 per session for food  
Program fee includes 1 x Assessment & Goal  
Setting Session + 10 x 3hr Group Sessions

*\*NDIS individual funding may be used to pay for this program. Prices are based on the NDIS price guide and therefore subject to change.*

For more information:

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