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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