

# MAKE A MEAL OF IT: Teens in the Kitchen

Is your teenager interested in learning how to make easy meals?  
Are they keen to meet new people? Want to grocery shop like a pro?  
Cook to impress? Then this is the group for them!



Make a Meal of It is a four-day group for adolescents (13-17 years) 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 group will be delivered in a fun, relaxed and secure environment.

Delivered at Autism Queensland Sunnybank  
437 Hellowell Rd, Sunnybank Hills QLD 4109

There is a fee for this group. Please contact us for a quote.

Fees are charged under the Capacity Building - Improved Daily Living section of your NDIS Plan. If you do not have funding in this specific Support Category, please discuss with your NDIS Local Area Coordinator or phone the NDIS on 1800 800 110.



For more information:  
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