



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
- Must be a member of Community Living Toronto
 - [Become a member](#)

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

Dates and Times: Tuesdays – 4:30 pm to 7:30 pm
April 2 to May 28, 2019

Note: No class on Tuesday April 23rd

Fee: \$85.00 per participant

Payment instructions will be provided after enrollment has been confirmed.

[Apply for class](#) by completing the on-line form.

New Applicants will be contacted to arrange for a pre-course interview.

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

Space is Limited!

New Applicants enrollment will be determined after applicants participate in a pre-course interview.

For more information

Please contact Wendy Dyke at 647-274-9281

email wdyke@cltoronto.ca

