

# Skills Group – Basic Meal Prep

## Small Group Program



**Immediate Availability!**

### Who is this for?

- Children aged 9+ years old
- Neurodiverse inclusive (ASD/ADHD)
- This group is a closed program, where participants start at week 1 and continue through to the group's conclusion

### Funding:

- \$160 per session (\$800 for entire program)
- 5 week block - paid in whole at commencement
- Funding streams
  - NDIS / Non Claiming

### Psychology & Occupational Therapy based groups Includes:



Diet



Organisation



Planning



Independence

### What is the key focus?

- 🔪 **Mastering Kitchen Tools:** skills to use a variety of kitchen utensils
- 📅 **Organizational Skills:** effectively manage tasks, prioritize responsibilities & maintain order in the environment
- 📖 **Reading Recipes:** recipe reading, follow instructions & measure ingredients
- 🍏 **Understanding Balanced Diets:** explore what a balanced diet entails
- 👨‍🍳 **Creating Simple Meals:** prepare and cook a variety of meals
- ⚠️ **Kitchen Safety and Etiquette:** explore essential rules and etiquette
- 💰 **The \$ Challenge:** plan a meal on a budget

**Call our admin team to find out dates and times**

find out more →

[www.AHHB.com.au](http://www.AHHB.com.au)

**01**

Make an enquiry or booking today

[admin@ahhb.com.au](mailto:admin@ahhb.com.au)

PH: 07 3890 7033 / Fax: 07 3890 7077

**02**

Groups Co-ordinator will email  
your Group Welcome  
information

#### Clinic Hours

MON - THURS: 7AM - 7PM  
FRI: 7AM - 5PM | SAT: 8AM - 4PM

#### Wynnum (HQ)

Shop 11, 89A Bay Tce  
Wynnum QLD 4178

#### Belmont Farm

13 Grassdale Road  
Belmont QLD 4153

