



Life Skills

Good food, great life.

Sharpen your skills in the kitchen and explore a variety of cooking techniques and cuisines. An activity that's all about boosting your independent living skills and getting your hands dirty.

A little bit of fun mixed with skills for life, you'll also learn important skills used in the hospitality industry.

Activity features

- Start to finish menu planning and meal preparation
- Making healthy choices
- Effective team work
- Hazard and risk awareness

Start your adventure

 focal.org.au/groups



 07 3812 2014

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What you need to know

Where

Booval Hub ✓
131 Brisbane Rd, Booval

When

Every Monday & Friday ✓
9am - 3pm

Ages

17+ ✓

Activity Fees

\$10 per session ✓
Costs vary. Refer to activity planner.

Support Ratio

Group support 1:2 ✓
Individual support 1:1