

# Weekly Snack & Social

For youth ages 12 – 21,  
with autism spectrum disorder or special needs

- Dates:** Wednesdays (8 sessions total)  
September 18 – November 6, 2019
- Time:** 6:30 p.m. – 7:30 p.m.
- Location:** Thames Valley Children's Centre  
3295 Quality Way, Windsor, ON
- Cost:** \$200 (includes cost of food)
- Register:** 1.866.590.8822, press 1
- Parking:** Free



Do you want to learn more about making your own snacks? This group is for youth ages 12 - 21 with autism spectrum disorder or special needs, who are able to participate in group activities and follow group instructions. Youth should have basic safety skills, be able to follow a task list, and be able to make basic snacks.

This group teaches how to follow a recipe, and some basic meal preparation skills, like measuring ingredients and using kitchen tools. You will learn how to get around the kitchen safely, prepare food, and make healthy choices. You will be able to set the table and clean up, while enjoying something you made yourself!