

# I CAN COOK

## BUILD SKILLS IN THE KITCHEN!

Our cooking group is a fantastic way to

- **meet new people**
- **make new friends**
- **increase independence**
- **build skills in the kitchen.**

Our 'I CAN COOK' group will take you through every step from

- **reading through the recipe**
- **shopping for the ingredients**
- **preparing the meal**
- **enjoying it with everyone who has helped prepare it!**

**When:** Every Monday, 10am to 1pm

**Where:** 'The Place', corner of Frederick & Pearson St, Charlestown.

### DSA CAN HELP YOU DISCOVER, EXPLORE AND REALISE YOUR DREAMS

Disability Services Australia is a dynamic and innovative not-for-profit social enterprise.

Our purpose is to enable opportunities for people to reach their potential at home, in the community, through education and training, and in employment.

For more information contact

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**Choice  
Inclusion  
Achievement**



**Disability  
Services  
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*your life. your future. your choice.*