



COOK IT!

COOKING / SELF-CARE / STRESS MANAGEMENT

Free Program for Mothers

This 12 week program offers cooking & self-care four days a week
Monday - Thursday from 4:00 pm to 7:00 pm with onsite childcare included.
This free program is offered to women who are:

- Receiving Ontario Works
- Committed to course objectives

Mothers will prepare meals, work on stress management techniques, create a personal well-being plan, and work on a self-care journal with staff. Staff will support women for up to 6 months after the program end on their well being plan.

Program Start Date: October 3rd, 2016

To register: Call Marsha 416-469-0196