



# STIRRING UP SKILLS

## A VIRTUAL COOKING SUMMER CAMP FOR KIDS



2 SESSIONS AVAILABLE!

**JULY 22-24**


🕒 5:30-7PM EST

OR


**AUGUST 4-6**

🕒 5:30-7PM EST

### WHAT WE'LL DO:

- 🍷 Make delicious recipes step-by-step
  - 🍷 Practice listening & patience
  - 💬 Learn emotional regulation skills
  - 🛒 Get a shopping list + recipe cards
  - 👨🍳 Cook LIVE together!
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**100% VIRTUAL**  
**PERFECT FOR AGES 7+**

- 👥 small Groups
  - 🗣️ Interactive
  - 🎯 Fun + Structured
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**SCAN ME!**



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