

Collective Kitchen for Persons with Physical Disabilities



Our collective kitchen program provides the opportunity for persons with physical disabilities to congregate in a safe and friendly environment, socialize and prepare a meal together. Participants will be invited to taste their creation and bring home a portion to enjoy.

ICAN - Independence Centre and Network
 765 Brennan Road, Sudbury ON P3C 1C4
 Activities of Daily Living (ADL) Room
 Thursday from 1:00 pm to 2:30 pm
 10 week program



Please Note:

Grocery cost will be divided evenly by the number of participants
 You will be responsible for your assigned kit (cooler bag & snap top containers)
 Your kit must be returned in good condition at the end of the program

For more information or to register, please contact:

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OR

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Who is Eligible?

- Persons with a permanent physical disability
- 16 years of age or older
- Have a valid OHIP card
- Able to have medical/professional needs met by existing community health network
- Capable or potentially capable of directing services
- Able to be left safely unattended (assistance is by appointment)

About the Program:

- Plan & prepare meals
- Participate to your ability
- Network with other participants
- Learn the basics of budgeting and food preparation

www.ican-cerd.com

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