

Cooking Club!

TRE'S PROGRAM BRINGING FRIENDS TOGETHER IN THE KITCHEN

COOKING CLUB IS
for pre-teens and teens
with an intellectual or
developmental disability
to gain skills in the
kitchen and develop
age-appropriate
social skills.

Participants complete a recipe, enjoy it together, and clean up as a group at each event. An amazing, fully adaptive kitchen is available with all equipment and ingredients provided. This TRE program expands our respite offerings for parents and caregivers who seek much-needed respite while helping teens build connections with their peers.



"Cooking Club allows my daughter the chance to develop necessary skills in a safe and fun environment."

WHEN & WHERE

Events are held once a
month for 2.5 hours

The Arc Pikes Peak Region
12 N. Meade Ave.
Colorado Springs, CO 80909

**Required: Must attend a
Break Time session prior to
being invited to Cooking Club**

Contact Sarah Nolan about this fun program!
Respite Programs Specialist
snolan@tre.org
719-338-1718



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Two staff members, a medical professional, and volunteers are in attendance to assist with the cooking and clean up.
All volunteers complete a background check.