

School Holiday Workshops

Carnarvon



8-12
years

Mini Master Kitchen

A two-day workshop for young cooks to get creative in the kitchen, learn about healthy eating habits and discover how nutrition can impact their mood. Kids will explore new recipes and create their very own personalised recipe book to take home!

| | |
|-----------------|---|
| When | Thursday 30 September & Friday 1 October 9.30am - 12.30pm |
| Where | HelpingMinds, 5 Stuart Street, Carnarvon |
| Who | For children aged 8-12 years who have emotional difficulties or are at risk of developing a mental health challenge |
| To bring | Please bring a water bottle and enclosed shoes |
| Cost | Free Registration essential Lunch and snacks included |

Registration essential, please visit helpingminds.org.au/school-holidays

For more information contact us on 1800 811 747 or info@helpingminds.org.au