

DND COUNSELING CENTER

# Culinary Arts Therapy Group

FOR KIDS IN 3-5TH GRADE

4 Sessions: June 5, 6, 12, 13

11:00 AM- 1:00 PM

Cost: 175\$/4 sessions

Culinary arts therapy combines concrete cooking skills, mindfulness, teamwork, fine motor skills, and goal-setting. This is an excellent group for children who struggle with ADHD, seeing tasks through, and performance anxiety. At the end of each session, kids will be able to enjoy the meals they have worked together to prepare! No cooking experience or materials required.

For more information or to sign up,  
contact:

**Ivy Claflin** ([ivy@dndcounseling.com](mailto:ivy@dndcounseling.com))

Supervised by Kate Van Norman, LPC

