



KITCHEN



4-Week Sessions Offered Monthly

Join our monthly Kids in the Kitchen program. Every Thursday from 5-6:30 pm you can tune in live to watch an engaging cooking demonstration with our Instructor, Travis Dukelow, Youth and Community Health Worker. All youth ages 7-14 are invited to watch by themselves or with a parent/guardian. Travis will be cooking various, easy-to-make recipes from his home kitchen and kids can follow along, ask questions and interact.

Registration for October and November sessions now open!

Registration is limited. To be included in the live Zoom, please send your email to tdukelow@brockchc.ca to be added to the invite list. Email notifications will be sent a week in advance of what will be upcoming the following week to allow parents to get ingredients from the store.

Parental supervision is suggested while kids are cooking at home.

For more information or recipe suggestions, contact Travis Dukelow, Youth and Community Health Worker, tdukelow@brockchc.ca.