



MENU

A **15 year old boy** was referred to us for **mental health** concerns, physical **violence** & **missing school**. He spent most of his free time **playing video games** when he wasn't at school. His psychiatrist said he didn't know how to help.

This summer 1 of our **support workers** began taking the young man to **cooking classes** & he really enjoyed them. This young man told our support worker that he wanted to **get a job** & that his dream job was to be a **chef**. The support worker mentioned the young man's **interest** in cooking to his cooking instructor. She said that she might **hire him** for some casual hours to do prep, catering & gain kitchen **experience**.

The young man's mother was very **appreciative** of how these classes have impacted her son. They have opened up his world in a **healthy way** & he **looks forward** to classes.

