



# Cooking Group – 8 week Program

**When:** Running regularly throughout the year

**Day:** Thursday – additional days will be made if required

**Time:** 11am – 1pm

**Where:** Ballarat Community Health – Sebastopol Site

**Cost:** \$10 weekly to cover food

The mental health team are looking for consumers to come along to a NEW group focused on increasing cooking knowledge and skills. The group will be run in a fun and social environment for connectedness and skill development.

For more information, please call – Jordan or Emma on 5338 0527.

Ballarat  
Community  
**HEALTH**