



ENHANCED LIFE
Occupational Therapy

Cook, Create, Connect!

TERM 2 PROGRAM



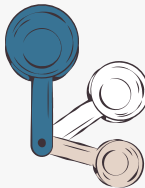
Supporting your child to build life skills, confidence & independence through fun, hands-on cooking!

Enhanced Life OT's Term 2 Triple C Program is a unique evidence-based program that blends therapy and everyday life skills into a safe, engaging environment. Developed and led by our Occupational Therapy team.



Develop **independence** in everyday activities (ADLs)

Support **sensory processing** and **self-regulation**



Enhance **fine-motor** and **bilateral coordination** skills

Improve **social participation, communication and confidence**



Strengthen **executive functioning**



THERAPUTIC

Developed by Paediatric Occupational Therapists



LOCATION

The NEW Warriewood Community Centre



DATES

Term 2 2026 (commencing Thursday 23rd April - Week 1)



FUNDING

NDIS claimable or private funding



INCLUSIONS

Parent evening, take home kit, organic food

Please note that our Term 1 program has been pushed to a Term 2 start date due to building delays at the new community hall



Scan for more information and to secure your spot today

Contact us if you have any questions:
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CONTACT US



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PROGRAM DETAILS

When: Term 2, Thursday afternoons - Commencing Thursday 23rd April - Thursday 2nd July

Times: 3:30 pm (primary school group) and 5:15 pm (high school group)

Duration: face-to-face groups for 90 minutes

Where: NEW Warriewood Community Centre

Ages: all children, teenagers, and abilities

Facilitators: Paediatric Occupational Therapists and Occupational Therapy Assistants

Investment: \$226 per week (11 weeks)

Funding: Private or NDIS - Capacity Building Improved Daily Living



What's Included

- 90 minutes/week of **Occupational Therapy-led** cooking sessions across the Term
- **Professional program planning** hours from our team weekly for individualised group support
- Developmental **reflection report** on program completion
- Invitation to our **parent evening** session in Term 1 (coaching and program take-home strategies)
- All health-conscious food, **organic ingredients**, and **equipment** provided
- Afternoon tea and weekly cooked food provided
- Each participant receives a **take-home pack** with items for home, including a **personalised apron**
- **Small group ratio (1:3)** with **age and ability-driven sub-groups**
- Take-home therapist-designed **visual recipe cards**
- **Certificate** of participation

Program Outcomes

Across these 2 exciting half days, your child will prepare, share and enjoy delicious meals while developing:

- **Develop independence in everyday activities (ADLs)** through practical cooking experiences that build confidence, responsibility, and self-care routines.
- Enhance **fine-motor and bilateral coordination skills** needed for tool use, handwriting, and other daily functional tasks.
- Strengthen **executive functioning skills** such as planning, sequencing, problem-solving, attention, and working memory while following multi-step recipes.
- Support **sensory processing and self-regulation**, helping children explore new textures, smells, and tastes in a positive and supported environment.
- Improve **social participation and communication skills** through teamwork, turn-taking, and group collaboration - promoting confidence and connection with peers.

This is not just a cooking class, it's a therapeutic experience disguised as fun, designed and individually tailored to support every child to live their best life, every day.

SCAN FOR MORE INFORMATION AND TO SECURE YOUR SPOT TODAY

