

Children's Therapy and Family Resource Centre

FOOD FUN GROUP

Is your child a picky eater? Do they have anxiety about trying new foods?

The Occupational Therapy Department will be running some small groups for clients born in 2018-2020 over the next several months, run by an Occupational Therapist and/or Therapy Assistant.

There will be 4 sessions of each group, with a maximum number of 4 children with a parent. A parent or other guardian must attend the group and take part in the activities, with the hope that the activities can be practiced at home. If you sign up for the group we ask that you make every effort to attend all 4 sessions, because other families are waiting for this group as well.

The theme of this group is "Food Fun", and the goal is to increase comfort interacting with different foods. Children will be told they are welcome to eat the food if they want to, but there is no pressure to eat it. We will be interacting with foods in different ways and just enjoying the experience.

If you would like to register for one of the groups, please click the link below. There will be a \$10.00 charge to attend the 4 sessions to help cover the costs of the food. If that cost is a hardship please let us know.



Year	Day(s) of the Week	Dates	Time	Registration Form
2025	Thursday	January 30, February 6, 13, 20	3:00-4:00pm	https://forms.gle/YYerGmseN8BJUu5A
2025	Tuesday	May 6, 13, 20 and 27	3:00-4:00pm	https://forms.gle/qTyK8oDiTYqJK5Q96

If you have any questions please contact Jennifer Persello at 250-371-4100 ext 223, or at jpersello@ctfrc.com

