

**July school holidays**

# Shopping & Chopping

**A fun, hands-on group where kids learn real-life skills!**



**Age: 8+**

**Cost:**  
**\$245.71**

**Venue:**  
**Upper Mt Gravatt Clinic**  
**Unit 3, 1990 Logan Rd,**  
**Upper Mt Gravatt**

**Time:**  
**9:30-11:00am**  
**Monday, 30<sup>th</sup> June 2025 &**  
**Monday, 7<sup>th</sup> July 2025**

**In this group, children will:**

- Plan a shopping list
- Go shopping for ingredients
- Make tasty snacks or simple meals

**Along the way, children will build important life skills like:**

- Managing money
- Buying items at the shops
- Preparing food with confidence

This group is neurodiversity-affirming and led by one of our friendly occupational therapists.

We also provide sensory spaces and tools to help kids feel calm and supported.

**Funding:** This service can be funded with NDIS group programs funding allocation.

**Next Steps:** For enquiries or to register for this group, respond to this email or call our clinic on **07 5689 5604**

[earlystartaustralia.com.au](https://earlystartaustralia.com.au)

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