

# Tools for School

Collaborative Workshops for Families with School-Age Children



## Active Engagement

*Supporting Individuals with Autism and Other Developmental Disabilities in Developing Authentic Cooking Skills*

**Featuring Janice Goldschmidt, MS, RD, LDN**

*Director, Nutrition Services, Community Support Services*

Cooking is an important activity of daily living that can help individuals with I/DD live with as much independence as possible and improve nutritional status by increasing both dietary variety and quality. This program will introduce *Active Engagement*, a program designed to promote individualized and authentic cooking skills for individuals of all ability levels. Parents and caregivers will be provided with pragmatic and specific steps for drawing individuals of all ages into cooking in a safe and natural environment.

**Wednesday, November 7, 2018, 7:30-9 pm**

The Arc Montgomery County  
11600 Nebel Street, Rockville, MD 20852

*No childcare available*

**Registration is required; online registration opens one month prior to each meeting at [www.TheArcMontgomeryCounty.org/connect/agency-calendar](http://www.TheArcMontgomeryCounty.org/connect/agency-calendar)**

For more information about current Tools for School topics and speakers, visit <http://thearcmontgomerycounty.org/what-we-do/for-families/tools-for-school.html>

*For confirmation of meeting dates, questions, and topic suggestions, please contact any representative listed below.*

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