



# 3LPlace summer supper series offers fun and skills for transitioning youth

*Eight weeks of transition skills in a fun, casual summer setting*

Does your future include living on your own, or with friends?

Perhaps you'd like to be able to cook a meal for your friends or family.



Or maybe you'd enjoy making a few new friends around the dinner table ... over food you just prepared together!

If so, our 3LPlace summer supper series might just be for you!

We'll work on:

- Budgeting
- Meal planning
- Grocery shopping
- Cooking and serving food
- Manners and dining etiquette
- Clean up
- Healthy habits and nutrition
- Exercise and mindfulness



We'll team up to create fun food such as pizza, tacos, and more, and summer treats like ice cream, sorbet, popsicles and smoothies. Some of our meals will be out in the community, and we'll vote on the location. We'll also plan and create outdoor cookouts and enjoy them on our lovely patio. We honor all dietary considerations; we are very creative that way. Just wait 'til you try our gluten-free brownies!

We'll also work on related individual and social skills, including relationships, being in community, critical thinking, self-awareness, and communication.

Our summer supper series is for young adults, ages 14 to 21.

- 4:30 to 6:30 p.m. on Tuesday, Wednesday, and Thursday at 3LPlace, 50 Whitman Street, Somerville
- Eight weeks, June 24 to Aug 22 (no programming the week of July 1)
- Cost: \$1,680 + \$240 materials fee which covers all food and meal costs for nightly dinner.

**Join us for summer adulting, skill-building fun ... and enjoy a "taste" of 3LPlace!**

**For more information about the 3LPlace summer supper series, or to reserve a place, please contact Katie Wilson [by email](mailto:katie@3lplace.org) or at 617-764-3280.**