



LET'S BAKE!

Join Baking Wellness

An 8-week baking program designed
for teenagers



Winter Session Begins
February 2025

LIMITED SLOTS AVAILABLE!

Apply at
www.bakingwellness.org



Our Mission

To provide innovative and educational baking lessons that support skill building, meaningful relationships, and positive mental health outlets for teens.

✨ WHAT YOU GET ✨

8 Baking Lessons
Job/Resume Experience
Mindfulness Practices
Peer Support and Community
Baked Goods to Share!

Learn more
www.bakingwellness.org
[@bakingwellness](https://www.instagram.com/bakingwellness)

