

# FAQ's for Therapeutic Cooking Sessions

Chef Pam Fanjoy, MSW, RSW

## Who are these sessions best for?

Chef Pam does one on one therapeutic cooking sessions with youth aged 11-21 years of age for her Jr. Chef Program, but also offers private sessions for couples and families.

As an experienced Child & Adolescent and Family Therapist that has become a Chef in her second career, Chef Pam is now using cooking as a medium that makes talking about real life problems simply easier for youth, and they are also learning the practical life skills of cooking that is no longer taught in school, or in most families anymore.

Pam's expertise as a Child and Adolescent therapist is with youth & families experiencing:

Anxiety  
ADHD/ADD  
Trauma

Depression  
Autism  
Bullying

School or Learning Difficulties  
Eating Disorders  
LGBTQ2 or Gender Identity Queries

## Who is NOT well suited for Jr. Chef Sessions?

Hyperactive Impulsive Children – these sessions take place in a real commercial kitchen and restaurant, and as such safety is paramount.

Oppositional Defiant Disordered Youth. This is assessed based entirely on individual situations. Often these youth are struggling and don't fit in anywhere, often finding it hard to access useful supports and help. Chef Pam has a natural ability to reach these youth often and so is open to engaging in the assessment phase, with parents and/or Children's Mental Health Centres that are working with these youth to determine how and if we can be of help.

## Do I need a doctor's referral?

No, you can refer yourself or your child by calling Chef Pam directly at 519-308-0900.

## **What is the process for my child to begin Jr. Chef Therapy Sessions?**

As a Registered Clinical Social Worker, Chef Pam will first meet with the parent/s for a 1.5 hr session to complete a psychosocial assessment. During this session we will discuss your concerns about your child, goals you have for their participation in the sessions, family history and your current situation including any concerns about your child's mood or coping strategies. We will also discuss how your child is doing at home, school and in the community with peers, etc.

Chef Pam will then meet with your child for 3-4 individual sessions that are 1 hour in length. The first two will be in office and then, if well suited for the Jr. Chef program, Chef Pam will give them a tour of the restaurant and discuss their interest in learning to cook. If interested and appropriate, the next session will be in the kitchen.

After the sessions with your child, Chef Pam will meet with parent/s for 1 hour to provide concrete feedback and recommendations regarding the treatment goals, frequency of future sessions, general expectations of reasonable outcomes and also will answer any of your questions.

## **What are the fees?**

Counselling fees for each session with Chef Pam are \$195/hr and are prorated to the time allowed for your appointments (no tax). As a RSW (Registered Social Worker) Pam can provide receipts that may be eligible for reimbursement through your extended health care benefits. It is up to you to determine your eligibility and Pam does not deal directly with your provider nor have direct billing options.

Fees are due at the time of the session and may be paid by cash or e-transfer only.

Visa and MasterCard are taken only under exceptional circumstances and a 5% additional fee will apply.

## **My child has two homes and parents who are separated/divorced. Do I need the other parents' consent to put my child in the Junior Chef Program?**

There are two streams of Chef Pam's Jr. Chef Program.

One is for all children with a focus on culinary skills and the bonus of also learning life skills such as cooperation, collaboration, problem solving, etiquette etc.. This is done through the Fun/Joy PD Day, March Break and Summer Camps. For these camps, we usually do not need the consent of both parents for the child to participate. Your child will always thrive best if both parents are behind what they are doing so Pam's general approach is to have both parents 100% on board with the plan.

In some situations where Joint custody arrangements are in place and one parent does not want the child to participate, this is not always possible. These situations are reviewed and discussed individually. No two families are alike and with Pam's experience in Collaborative Law, she understands that conflicted separations can sometimes lead to ongoing challenges in parenting across two homes after separating.

If there is a joint custody arrangement in place and the other parent wants further information and mediation about participation in the Jr. Chef Program is required, Pam is available for consultation to both parents at her regular Mediation hourly rate of \$220, by phone or in preferably in person. Parent appointments are generally scheduled 9-4pm on Tuesday or Wednesdays.

**For further information please contact Chef Pam Fanjoy directly at 519-308-0900. Please note that given restaurant demands, Chef Pam limits her practice hours to Monday/Tuesday which are the only days that inquiries and all phone calls will be returned.**

**Thank you for your interest in Fan/Joy's Jr. Chef Therapeutic Sessions.**