



YOU DON'T HAVE TO CARRY THIS ALONE.

**Long hours.
High pressure.
No off switch.**

**If you're feeling
burned out, anxious,
or just not okay—
we're here for you.**

WHAT WE DO

- Free/Discounted mental health therapy
- Confidential support
- Retreats + Reset days

SCAN



www.yeschefbehindtheapron.com



**Chef Anthony DiStefano - Image from 2025 Art
Exhibit for Yes, Chef! Behind the Apron™**