

CAREGIVER COFFEE CHATS *SHARING OUR REALITIES*



CAREGIVERS SUPPORTING THE MENTAL HEALTH OF ADULTS WITH NEURODEVELOPMENTAL DISABILITIES (including Autism)

GUIDED DISCUSSIONS DESIGNED & FACILITATED BY CAREGIVERS FOR CAREGIVERS

Are you looking for a space where you are valued for your perspective as a caregiver? Join us and other caregivers for 6-weeks of guided discussions on important themes.

This is not a webinar!

We aim to provide an empowering space where we can reflect together. The first session on January 29th is a 30 minute orientation to the group.

WHAT WE'LL BE TALKING ABOUT:

- ☐ Thinking About Disability ☐ Our Loved Ones as Whole People
- ☐ Ourselves as Whole People ☐ Lemons or Lemonade: Needing Empathy ☐ What We've Learned
- ☐ Hopes, Dreams & Fears

WHAT KIND OF COMMITMENT?

- ☐ Must attend the first session on January 29th & at least one more
- ☐ 75 minute sessions with an optional 15 minute debrief
- ☐ Encouraged to attend all sessions

INTERESTED?

Register [here](#) or contact:
hcardd@camh.ca or 437-328-6761

Recurring
Weekly

ELIGIBILITY TO JOIN:

- (Informally) caring for or supporting a person with neurodevelopmental disabilities who is 16 years of age or older
- Thinking about or supporting the mental health of your loved one
- Willing to participate in creating an open, non-judgmental, safe space for sharing with other caregivers
- Access to a device to join virtual group using Webex

**WEDNESDAYS
12 PM – 1:30 PM**



ONLINE

**JANUARY 29TH until
MARCH 12TH**



[Register](#)