

RBC Patient and Family Learning Space

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**

Your voice matters. Your experience counts.

Are you supporting someone with a neurodevelopmental disability and mental health challenges? Join our 6-week virtual group for open, guided conversations with other caregivers.

No presentations. No solution-focused strategies or resources.
Just space to reflect, share, and feel heard.

This is *not* a webinar.

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?

- 30 minute orientation session on Sept 17 to see if this group is the right fit
- Must attend the first official session on Sept 24th plus at least one more
- Weekly 75-minute sessions + optional 15-minute debrief
- Ongoing participation encouraged

Recurring Weekly

ELIGIBILITY TO JOIN:

- Caregivers of someone 16+ with neurodevelopmental disabilities and mental health concerns
- Open to sharing in a respectful, non-judgmental space
- Able to join online via Webex

**WEDNESDAYS
ONLINE
12:00 – 1:30 PM**



Sept 17th – Nov 5th

September 17th is a 30 minute
orientation session

INTERESTED?

Scan QR code
or [click here](#)



**For questions or help
registering:
hcardd@camh.ca
437-328-6761**