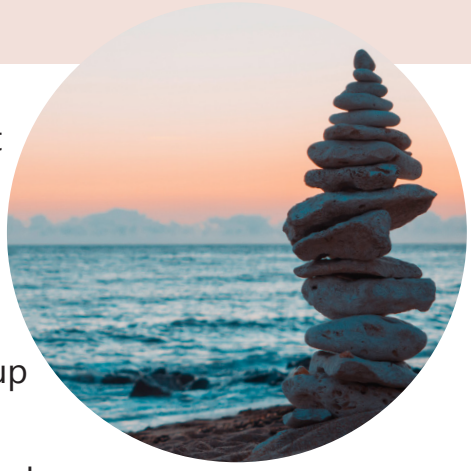
Free Mindfulness Groups 2020

for autistic adults, parents and siblings



York University and CAMH have been researching how to support parents/siblings of adults with an autism spectrum disorder (ASD) as well as exploring ways to help autistic adults cope with stress and anxiety.

As part of this research, we are holding free web-based mindfulness groups to choose from starting this winter. Each group runs for 6 weeks (one hour per week).

Participation in the groups is virtual using your home computer and a telephone to connect you with the group facilitators and other families.

Parent/Sibling Group: February 6, 13, 20, 27, March 5 & 12 1:00-2:30pm MT (3-4:30pm ET)

If this is something you might be interested in learning more about, please contact Brianne by email at brianne.redquest@camh.ca.

Adult Group: Thursdays, February 5th to March 11th 6:00-7:00pm MT (8-9pm ET)

If you're an adult (18+ years of age) on the autism spectrum, living in Alberta, and this is something you might be interested in learning more about, please contact Brianne by email at brianne.redquest@camh.ca.

Caregiver Group: Thursdays, January 30th to March 5th 1:00-2:30pm MT (3-4:30 ET)

If this is something you might be interested in learning more about, please contact Brianne by email at brianne.redquest@camh.ca.

For more information please contact Brianne by email brianne.redquest@camh.ca or at 416-535-8501 ext. 33923.

YORK UNIVERSITÉ UNIVERSITY

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Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale