

Free Mindfulness Groups

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 three free web-based mindfulness groups to choose from starting this fall. 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: Wednesdays September 25th to October 30th at 6:00pm

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 September 26th to October 31st at 2:00pm

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.

Parent/Sibling and Adult Group: Wednesdays November 6th to December 11th at 6:00 pm

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.