

FREE AUTISM MINDFULNESS GROUP

We are researching ways to help autistic adults cope with stress and anxiety. As part of this research, we are holding a **free web-based mindfulness group** that will teach some new ways to better cope with these feelings.

The group will take place each Wednesday for 5 weeks

Time: 7:00 PM to 8:00 PM (log-on @ 6:45 PM)

Dates: September 26; October 3, 10 17 & 24, 2018

You will be able to participate in the group virtually, using video conferencing to connect with the group facilitators and other participants.

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

