

FREE MINDFULNESS GROUPS

We have been researching how to support parents and adults on the autism spectrum. As part of this research, we are holding a **free web-based mindfulness group** for parents and their adult sons and daughters on the autism spectrum to participate in together to learn ways to cope with stress.

Groups will run for 6 weeks on Wednesdays.

Time: 7:00 pm to 8:30pm (log-on at 6:45pm)

Dates: November 7, 14 & 21, December 5, 12 and 19, 2018

If this is something you might be interested in learning more about, please complete page 2 of this form and send it to Brianne Redquest at brianne.redquest@camh.ca



Interest and Information

Name:

Address:

Email:

Telephone number:

How do you prefer to be contacted: e-mail / mail / telephone

If telephone, when are you most commonly available?

Does your son or daughter on the autism spectrum live at home? Yes / No

Is your son or daughter on the autism spectrum over 16? Yes / No

Do you have a computer at home? Yes / No

Is your computer or tablet equipped with a web camera? Yes / No

Have you participated in parent support groups before? Yes / No

Have you had any experience with mindfulness? Yes / No

Thank you very much for your interest!