

FREE WEB-BASED PARENT/SIBLING GROUP

We have been researching how to support parents/siblings of autistic adults. As part of this research, we are holding a **free web-based mindfulness group** for parents/siblings to help them cope.

Groups will run for 6 weeks for 90 minutes

**Date and Times: September 25, October 2, 9, 16, 23, and 30
from 6:00pm to 7:30pm (MDT)**

You will be able to participate in the group virtually using your home computer and a telephone line that connects you with the group facilitators and other parents/siblings.

If you are a parent/sibling of an autistic individual living in Alberta or British Columbia and this is something you might be interested in learning more about, please complete the **back of this form** and return it to Brianne at brianne.redquest@camh.ca. Should you have any questions please contact Brianne by email or at 416-535-8501 ext. 33923.

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?

For Parents:

Does your autistic child live at home? Yes / No

Is your autistic child over 16 years old? Yes / No

Do you have a computer at home? Yes / No

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

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

Do you have any experience with mindfulness? Yes / No

For Siblings

Does your autistic sibling live with you? Yes / No

Is your autistic sibling over 16 years old? Yes / No

Do you have a computer at home? Yes / No

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

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

Do you have any experience with mindfulness? Yes / No

Thank you very much for your interest