

Acceptance and Commitment Training For Caregivers of Children & Adults with Autism -Information Session-



Attention Caregivers!

Have you been caring for the needs of others for as long as you can remember? Do you sometimes feel as though you're drowning in your responsibilities? When's the last time you focused on YOU and what YOU need to feel satisfied in your life?

Acceptance and Commitment Training teaches us how to become more psychologically flexible. ACT doesn't attempt to change or stop our unwanted thoughts or feelings - rather, it helps us develop a new relationship with those experiences. We learn to become more open and live more consistently with who and what we care about.

This six-session workshop is presented by YSSN facilitators.
Mandatory information session:

October 10, 2023 - 12:00pm-1:00pm

Dates: 12:00pm-2:00pm November 7, 14, 21, 28, December 5,
Final Session January 9, 2024



YSSN is a hub for Developmental, Mental Health and Children's Services that helps people to navigate services to live their best life.

YSSN.ca



Event Details

Location:

Virtual

Dates and Times:

Tuesday October 10, 12:00pm-1:00pm

Who Should Attend?

Caregivers caring for a child or adult with autism, or who are registered with the Ontario Autism Program.

Registration:

To Register for the Mandatory Information Session, click [here](#)

Session Facilitators:

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