

Families Connect Group & Self-Regulation Group

8-Week FREE Program Spring 2019

GROUPS FOR ADULTS WITH MILD INTELLECTUAL DISABILITIES AND MENTAL ILLNESS AND THEIR CAREGIVERS*

April 25th – June 13th, 2019

Thursday evenings

NEW location: CAMH

wheelchair accessible

Self-Regulation Group

This group provides adults 16 years old or older with mild intellectual disability and mental illness opportunities to learn how to recognize certain emotions and build confidence using safe coping strategies in a fun and engaging environment. Caregivers are required to participate in the Families Connect Group.

Facilitated by Occupational Therapists &
Developmental Services Workers

Families Connect Group

This group provides families and/or caregivers with peer-support, self-care and coping strategies while providing education and resources to help meet the challenges involved when supporting an individual with intellectual disability and mental illness.

**This group is not for paid supports.*

**Priority is given for caregivers of participants of the Self-Regulation Group.*

Facilitated by Social Workers

camh
mental health is health



APTUS
TREATMENT CENTRE
FOR COMPLEX DISABILITIES

Embracing Potential since 1979

Applications Deadline

March 15th 2019

****Spaces are limited***

For More Information, Call

Atif Khan

Developmental Services Worker

416-535-8501 ext.32069