

Attention Caregivers of Children with Intellectual and/or Developmental Disabilities



Do you want to learn how to use self-management strategies to help decrease psychological distress (i.e., stress, anxiety) while experiencing Acceptance and Commitment Therapy (ACT)?



WHO: Caregivers of children diagnosed with intellectual and/or developmental disabilities (e.g., autism spectrum disorder, attention deficit hyperactivity disorder)

WHAT: The goal of ACT focuses on teaching *acceptance* rather than avoidance or changing of difficult thoughts and emotions in order to help to reduce stress levels and overcome daily life challenges. Trained clinicians and caregivers will provide you with an introduction to ACT as well as teach you how to self-monitor your own actions to help you with pushing through difficult times.

WHEN: Friday November 8th, 2019 (5:30pm - 9pm)
Saturday November 9th, 2019 (9am – 5pm)
Friday December 6th, 2019 (5:30pm – 9pm)

WHERE: Community Room at Goodwill Niagara (36 Page Street, St. Catharines, ON)

Please note: You will receive a total of \$50 in reimbursement provided in increments after each phase.

If interested, please contact Amanda Marcinkiewicz, MA student* **by**
October 17th at
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