

# 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:** March 25, April 1, 8, 15, 22 & 29  
from 7:00pm to 8:30pm (ADT)

**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 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](mailto: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?

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## 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**