

# WELLNESS SERVICES



Wellness Services are offered to current or past clients, families, caregivers and the broader community to proactively engage participants in their care by building awareness and enhancing knowledge, skills and resilience.

Our wide range of Wellness events provide timely services that support the changing needs of our clients across the lifespan. These are delivered through various means, including groups, workshops, clinics, drop-ins, phone-ins and Telehealth services.

## Note to Participants

Please add [wellness.registration@surreyplace.ca](mailto:wellness.registration@surreyplace.ca) to your list of contacts. The link to join events will be sent from this email address and will go to junk/spam if not added.

For more information,  
please email:

[Wellness.registration@surreyplace.ca](mailto:wellness.registration@surreyplace.ca)

Or visit:

[www.surreyplace.ca/wellness](http://www.surreyplace.ca/wellness)

# Event Schedule

## Do What Matters: A Compass for Caregivers

This is a 4-session group for parents.

Caring for an adult with a disability can be stressful.

Acceptance & Commitment Training (ACT) provides a kind and compassionate stance that can be helpful in dealing with day-to-day stress. The goal of ACT is to help people develop flexible ways of thinking and behaving so they can persist and do what is important to them.

In the group, you will meet other parents, there will be discussions, experiential exercises, and out of session practice.

**This event is offered in partnership with New Haven Learning Centre.**

*An ASL interpreter can be available for this set of 4 sessions*

### DATE & TIME

Tuesdays

May 11, 18, 25 and June 1, 2021

6:30PM-8:00PM

### LOCATION

Online:

Microsoft Teams Platform

### LINK TO REGISTER:

[Do What Matters: A Compass for Caregivers](#)

### This session is best suited for:

- Parent/s of adult with IDD
- Those who have access to technology and reliable internet
- Those who are proficient in joining an online meeting platform
- Those who are proficient in English
- Those who are able to attend all sessions
- Those not actively receiving parent supports
- Those who are able to fully participate in all sessions without dual responsibility of caretaking for child or other dependents

Note: Booster sessions may be offered on a 'as needed' basis



**SOUTH LOCATION:**  
2 Surrey Place

**WEST LOCATION:**  
2150 Islington Ave.

**NORTH LOCATION:**  
2 Champagne Dr.

**EAST LOCATION:**  
10 Milner Business Ct.