

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 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.

Event Schedule

SAAAC CARES Caregiver Support and Skills

CARES is a family support program that empowers caregivers to overcome the emotional and mental health challenges related to caring for a loved one with a Intellectual Disability and/or Autism Spectrum Disorder.

Program Overview

- Free 8-week program (1.5 hours a week)
- Available virtually

This series is best suited for parents/caregivers of an adult diagnosed with an Intellectual and Developmental Disability and/or Autism Spectrum Disorder

Parental Benefits

- Meet other parents and expand your support network
- Learn self-care techniques
- Practice evidence-based coping strategies
- Mindfulness and relaxation
- Improved problem-solving skills

DATES	TIME	LOCATION	LINK TO REGISTER:
Thursdays April 15, 22, 29, May 6, 13, 20, 27 June 3, 2021	10:30AM-12PM	Online – Zoom Platform	SAAAC CARES Caregiver Support and Skills April 15 Series
Tuesdays April 20, 27, May 4, 11, 18, 25 June 1 & 8, 2021	1:30PM-3PM	Online – Zoom Platform	SAAAC CARES Caregiver Support and Skills April 20 Series
Wednesdays April 21, 28 May 5, 12, 19, 26 June 2 & 9, 2021	6PM-7:30PM	Online – Zoom Platform	SAAAC CARES Caregiver Support and Skills April 21 Series

For more information, please email:

Wellness.registration@surreyplace.ca

Or visit:

www.surreyplace.ca/wellness

SOUTH LOCATION:
2 Surrey Place

WEST LOCATION:
2150 Islington Ave.

NORTH LOCATION:
2 Champagne Dr.

EAST LOCATION:
10 Milner Business Ct.