



**WHEN:**

**WEDNESDAY**

**OCTOBER 1-**

**NOVEMBER 8, 2023**

**TIME:**

**6:30 – 8:00 PM**

**ADULT NEURODEVELOPMENTAL SERVICES**

# **FAMILIES CONNECT GROUP**

**FOR PARENTS AND CAREGIVERS OF ADULTS WITH  
INTELLECTUAL DISABILITIES AND AUTISM SPECTRUM  
DISORDER**

The parent support group provides a safe space for families and caregivers to connect around shared experiences and decrease the isolation and stigma associated with caring for a loved one with an intellectual disability and Autism Spectrum Disorder. Topics include managing stress with self-care, recognizing and addressing burnout, system navigation and connection with supportive resources. There will be an opportunity for an individual session with an Adult Neurodevelopmental Social Worker.

**WHERE:**

**VIRTUAL (WEBEX LINK WILL BE  
SENT ONCE YOU HAVE BEEN  
REGISTERED)**

**CONTACT:**

**ATIF.KHAN@CAMH.CA OR**

**RHEA.OLOCOLOC@CAMH.CA**

**Connect with other  
caregivers with shared  
experiences**

**Share and learn about  
resources**

**Need help with DSO?**