

Caring for the Black Caregiver

Acceptance and Commitment Training (ACT) for Black caregivers

About the In-Person Series

This group intervention will help you struggle less with difficult things in your life and mindfully connect with things that are most important in a loving and respectful way.

About the Facilitators

There are two facilitators who are parents of children with autism, and the other facilitators are healthcare professionals.

SCAN ME



Register on
Eventbrite



Who Should Attend

Black caregivers of children, youth, and adults with disabilities (e.g., autism, intellectual disability, cerebral palsy).

Dates

- **Friday - May 1st**
6:30 am - 9:00 pm (Virtual)
- **Saturday - May 2nd**
9:00 am - 12:30 pm
- **Saturday - May 9th**
9:00 am - 12:00 pm

You must attend all three dates

Location

Mid- Scarborough Hub
2660 Eglinton Ave E Scarborough, ON
Closest Intersection: Brimley/Eglinton

Contact Information