

CARING FOR FATHERS

ACCEPTANCE & COMMITMENT TRAINING (ACT)

Who Is This Virtual Workshop For?

- Fathers of children or adults with a neurodevelopmental disability (e.g. Autism, FASD, Down Syndrome)
- Must live in Ontario
- No prior experience with therapy is required.

About the Workshop:

A supportive non-judgmental space to reflect, connect with other fathers, and build skills to strengthen resilience and wellbeing.

ACT helps you stay in the here-and-now and take meaningful action, even when facing difficult thoughts and emotions.



Workshop Details:

 **Dates: Monday September 21st and 28th, October 5th, 19th & 26th, November 2nd**

 **Time: 4:00 PM – 6:00 PM (EST)**

 **Format: Virtual group**

This workshop is part of an optional research study; please see page 2 for additional details. Participation in the research study is voluntary and not required. Choosing not to participate will not affect your participation in the group.

Please make sure you can attend all 6 sessions.

👉 SCAN THE QR CODE OR [CLICK HERE](#) TO EXPRESS INTEREST.
FOR MORE INFO, CONTACT ACT.RESEARCH@CAMH.CA





RESEARCH STUDY

Want to Share Your Experience Participating in an Adapted Caring for the Caregiver: Acceptance & Commitment Training (CC-ACT) Workshop?



We are looking for participants of adapted CC-ACT workshops to participate in a survey and focus group/interview and share about their experience engaging in the workshop. Compensation will be provided.

INTERESTED IN PARTICIPATING?

- FILL OUT THE EXPRESSION OF INTEREST FORM BY TYPING IN THE LINK [HTTPS://REDCAP.LINK/CCACTEOI](https://redcap.link/ccacteo) OR SCANNING THE QR CODE
- EMAIL ACT.RESEARCH@CAMH.CA IF YOU HAVE ANY QUESTIONS.

