

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.

Who Should Attend

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

Dates

- **Friday - November 27th**
6:30 pm - 9:00 pm (Virtual)
- **Saturday - November 28th**
9:00 am - 5:00 pm (In person)
- **Saturday - December 5th**
9:00 am - 12:00 pm (In person)

You must attend all three dates

Location

November 28th: HUB; Rm. M03/04, 2660
Eglinton Ave East, Scarborough
December 5th : HUB; Rm. L27, 2660
Eglinton Ave East, Scarborough



Scan to register



Contact Information