



Caring for the Caregiver

A research project evaluating Acceptance & Commitment Therapy (ACT) for Parents of Children with an intellectual or developmental disability (IDD)

ACT seeks to help individuals to struggle less with difficult things in their lives and mindfully connect with things that are most important in a way that is loving and respectful. With an introduction to the concept of ‘mindfulness,’ ACT does not attempt to directly change or stop unwanted thoughts or feelings, but to develop a new mindful relationship with those experiences that can free a person up to being open, and to take action consistent with what they care about. This is a research project evaluating the benefits of ACT for parents .

WHO SHOULD ATTEND:

Any parent of a child, youth or adult with IDD

**Fluency in English is required*

WHERE:

St. Leonard’s Church
25 Wanless Avenue Toronto

DATES*: Must attend all 3

Friday April 7
5:30-9:00pm

Saturday April 8
9:00am-4:00pm

Friday May 5 Refresher evening session
5:30-9:00pm

WORKSHOP FACILITATORS:

Kenneth Fung
Father of a child with ASD. Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Program at the Toronto Western Hospital.

Johanna Lake
Postdoctoral fellow at CAMH and York University.

Lee Steel
Mother of a child with ASD. Coordinator with Extend-A-Family.

NOTE:

As participants in the project, you will need to attend the workshop and complete some questionnaires before and after the workshop. Participation in the workshop is free.

FOR MORE INFORMATION:

Please contact Megan at (416) 535-8501 x 37832 or email at Megan.AbouChacra@SurreyPlace.on.ca



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INTEREST & INFORMATION:

Name:

Address:

Email:

Telephone number:

How do you prefer to be contacted: e-mail mail telephone

If telephone, when are you most commonly available

Monday - Friday

9:00AM - 12:00PM 1:00PM - 5:00PM 6:00PM - 9:00PM

Saturday - Sunday

9:00AM - 12:00PM 1:00PM - 5:00PM 6:00PM - 9:00PM

Does your child live at home? Yes No

How old is your child

Thank you very much for your interest!

