

CAREGIVER COFFEE CHATS: SHARING OUR REALITIES

CAREGIVERS SUPPORTING THE MENTAL HEALTH OF ADULTS WITH NEURODEVELOPMENTAL DISABILITIES (including Autism)

GUIDED DISCUSSIONS DESIGNED & FACILITATED
BY CAREGIVERS FOR CAREGIVERS



Are you looking for a space where you are valued for your perspective as a caregiver? Join us and other caregivers for 6-weeks of guided discussions on important themes.

This is not a webinar!

We aim to provide an empowering space where we can reflect together.

WHAT WE'LL BE TALKING ABOUT:

- Thinking About Disability □ Our Loved Ones as Whole People
- Ourselves as Whole People □ Lemons or Lemonade: Needing Empathy □ What We've Learned
- Hopes, Dreams & Fears

WHAT KIND OF COMMITMENT?

- Must attend the first session on Feb 14th & at least one more
- 75 minute sessions with an optional 15 minute debrief
- Encouraged to attend all sessions

INTERESTED?

Register: <https://rb.gy/1rx24q>
or scan the QR code

Recurring Weekly

ELIGIBILITY TO JOIN:

- (Informally) caring for or supporting a person with neurodevelopmental disabilities who is 16 years of age or older
- Thinking about or supporting the mental health of your loved one
- Willing to participate in creating an open, non-judgmental, safe space for sharing with other caregivers
- Access to a device to join virtual group using Webex

**WEDNESDAYS
ONLINE
12 PM – 1:30 PM**



Join for a 30 minute
orientation session (Feb 7th)
to decide if this is the right
group for you!

**FEBRUARY 7TH until
MARCH 20TH**

