

FREE PARENT GROUPS

We have been researching how to support parents of adults with autism spectrum disorder (ASD). As part of this research, we are holding a **free web-based mindfulness parent group** for parents to help them cope.

Groups will run for 6 weeks on Tuesdays.

Time: 12:30-2pm Eastern Standard Time

Dates: April 4th to May 9th

You will be able to participate in the group virtually using your home computer and a telephone line, that connects you with the group facilitators and other parents.

If this is something you might be interested in learning more about, Please complete the **back of this form** and return it to us:

PARENT SKILLS BASED SUPPORT GROUPS

Adult Neurodevelopmental Services, CAMH

Unit 4-3, 1001 Queen St. West

Toronto, ON M6J 1H4

FAX:(416) 583-1218 (scan and fax page 2)

Alternatively, you may contact Michelle at: michelle.dale@camh.ca or at 416-535-8501 ext. 37819

Or, you may also follow this link to complete the information form online by following this link :

<https://www.surveymonkey.com/r/MindfulnessParentGroups>

REB REF#095/2013-06



Interest and 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?

Does your child live at home? Yes / No

Is your child 16 or over? Yes / No

Do you have a computer at home? Yes / No

Is your computer equipped with a web camera? Yes / No

Have you participated in parent support groups before? Yes / No

Have you had any experience with mindfulness? Yes / No

Thank you very much for your interest!