

# FREE MINDFULNESS GROUPS

We have been researching how to support parents/siblings and autistic adults. As part of this research, we are holding a **free web-based mindfulness group** for autistic adults and their parents/siblings to participate in together to learn ways to cope with stress.

**Groups will run weekly for 6 weeks**  
**Time and dates: May 7, 14, 21, 28 , June 4 & 11**  
**from 2:00pm to 3:00pm (EST)**

**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 families.**

If you are a parent/sibling of an autistic individual and this is something you might be interested in learning more about, please complete page 2 of this form and send it to Brianne Redquest at [brianne.redquest@camh.ca](mailto:brianne.redquest@camh.ca)

## 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?

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### For Parents

Does your autistic son or daughter live at home? Yes / No

Is your autistic son or daughter over 16 years old? 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

### For Siblings

Does your autistic sibling live with you? Yes / No

Is your autistic sibling over 16 years old? 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 sibling support groups before? Yes / No

Have you had any experience with mindfulness? Yes / No

**Thank you very much for your interest!**