

FREE AUTISM MINDFULNESS GROUP

We are interested in exploring ways to help autistic adults cope with stress and anxiety. As part of this research, we are holding a **free web-based mindfulness group** that will teach some new ways to better cope with these feelings. We are evaluating the outcome of these groups.

The group will take place weekly for 6 weeks

**Time & Dates: May 7, 14, 21, 28, June 4 & 11
from 4:00pm to 5:00pm (EST)**

You will be able to participate in the group virtually, using video conferencing to connect with the group facilitators and other participants.

If you're an autistic adult (18+ years of age) and this is something you might be interested in learning more about, please contact Brianne Redquest at brianne.redquest@camh.ca.



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