

Mental health for adults with developmental disabilities during COVID-19: A virtual course for family caregivers

The Azrieli Adult Neurodevelopmental Centre at CAMH is inviting **Ontario family caregivers of adults with developmental disabilities** to take part in a free **6-week virtual course** on mental health, developmental disabilities, and COVID-19. Learn about health care communication, self-care, dealing with grief and loss, and more.

Date: Every Tuesday, March 1st to April 5th, 2022

Time: 12:30-2:00 pm EST

Interested? See our course topics and register here:

<https://edc.camhx.ca/redcap/surveys/?s=YFCLXHAPEDCCATAM>

Questions? Contact
tiziana.volpe@camh.ca
or call 416-535-8501,
x 30751

This project is supported by the Supporting Caregivers, Families, and Individuals Working Group (SCFI), Ministry of Children, Community and Social Services.

The security of information sent by email cannot be guaranteed. Please do not communicate personal sensitive information by email. For information about programs and services at CAMH, please visit www.camh.ca or call 416-535-8501 (or 1-800-463-6273)

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