



# Caring for the Caregiver: A mindfulness course for Ontario family caregivers of adults with developmental disabilities

## About this workshop

Join together with other caregivers of adults with developmental disabilities from across Ontario in a program to gain self-care mindfulness skills. The program will be led by Sue Hutton, a mindfulness teacher with 30 years of experience.

The curriculum is a 6-week program that has been developed at the CAMH's Azrieli Adult Neurodevelopmental Centre. It is modified specifically for caregivers, from the Mindfulness-Based Stress Reduction 8-week health care program developed by Jon Kabat-Zinn at the University of Massachusetts.

We know from research that it is with daily practice that the most benefit comes. Don't worry - we have developed tools that are short and accessible so you can hopefully find time to practice them in your busy lives. You will receive audio links to practice brief mindfulness exercises daily and digital workbooks with readings, and support materials to help encourage your home practice.

## When?

**Every Thursday**

**March 3rd to April 7th, 2022**

**11:00 am - 12:30 pm EST**

**Please note:** You can have your camera on or off, and be quiet or share a little. We want you to feel comfortable participating in the way that is best for you. We're looking forward to meditating together as a community.

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

[Register here](#)



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