



18 OCTOBER - 22 NOVEMBER
SIX TUESDAYS 1:30-2:30 OR 7-8pm

ELIGIBLE EXPENSE
SSAH / Passport Funding / Insurance

Stress + Anxiety Reduction

New Tools for Caregivers to Put into Practice

Caregiving and parenting can be stressful, especially when combined with anxiety and other concerns. This workshop is presented in six 1-hour sessions for caregivers of individuals with autism and other neuro-developmental differences. Participants will take away new insights along with practical tools to implement for everyday stressors and caregiving/parenting stress.

Cost: \$150 + HST **Location:** Burlington (in-person*)

*Let us know if you would be interested in a future live webinar option

To Learn More + Reserve Your Spot

6 Daytime Workshops - go to <https://bit.ly/3AH6E5D>
1:30-2:30pm on Tuesdays from 18 Oct to 22 Nov, 2022

6 Evening Workshops - go to <https://bit.ly/3cFu8A9>
7-8pm on Tuesdays from 18 Oct to 22 Nov, 2022

Workshop Facilitators

Maralyn Ellis - a Registered Psychotherapist in private practice and Owner/Career Counsellor at Futures Found.

Kathy Gilbert - is a graduate in Child & Youth Care and supports special projects at Futures Found.

Futures Found 
head in the right direction

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