

Acceptance and Commitment Training For Caregivers



Have you been caring for the needs of others for as long as you can remember? Do you sometimes feel as though you're drowning in your responsibilities? When's the last time you focused on YOU and what YOU need to feel satisfied in your life?

Acceptance and Commitment Training teaches us how to become more psychologically flexible. ACT doesn't attempt to change or stop our unwanted thoughts or feelings - rather, it helps us to develop a new relationship with those experiences. We learn to become more open and live more consistently with who and what we care about.

This six-session workshop is presented by YSSN facilitators who are caregivers of young adults with developmental disabilities.

Mandatory Information Session:

December 9, 2025 @ 12:00pm – 1:00pm

Session Dates (Jan/Feb 2026):

Tuesdays January 13, 20, 27, February 3, 10 and 17
@ 12:00pm to 2:00pm

YSSN is a hub for Developmental, Mental Health and Children's Services that helps people to navigate services to live their best life.
YSSN.ca



Event Details

Location:

Virtual

Date and Time:

December 9, 2025 @ 12:00pm – 1:00pm

Who Should Attend?

Caregivers of children or adults with a developmental disability, such as autism

Registration:

Dec 9 Information Session - click [here](#)

Session Facilitators:

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