

# Caring for the Black Caregiver

## *Acceptance and Commitment Training (ACT) for Black caregivers*

### About the In-Person Series

This group intervention will help you struggle less with difficult things in your life and mindfully connect with things that are most important in a loving and respectful way.

### About the Facilitators

There are two facilitators who are parents of children with autism, and the other facilitators are healthcare professionals.

#### SCAN ME



Register on  
Eventbrite



### Who Should Attend

Black caregivers of children, youth, and adults with disabilities (e.g., autism, intellectual disability, cerebral palsy).

### Dates

- **Friday - May 1st**  
6:30 pm - 9:00 pm (Virtual)
- **Saturday - May 2nd**  
9:00 am - 5:00 pm
- **Saturday - May 9th**  
9:00 am - 12:00 pm

**\*You must attend all three dates\***

### Location

629 Markham Road, Unit 2,  
Scarborough ON  
Cedar Plaza (beside Shoppers Drugmart)  
Closest Intersection: Markham/Lawrence

### Contact Information