

CARING FOR FATHERS: ACCEPTANCE & COMMITMENT TRAINING (ACT)

Who Is This Workshop For?

- Fathers of children or adults with a neurodevelopmental disability (e.g. Autism, FASD, Down Syndrome)
- Must live in Ontario
- No prior experience with therapy is required.

About the Workshop:

A supportive non-judgmental space to reflect, connect with other fathers, and build skills to strengthen resilience and wellbeing.

ACT helps you stay in the here-and-now and take meaningful action, even when facing difficult thoughts and emotions.

Co-delivered by clinicians and fathers.



Workshop Details:

- 📅 **Dates:** Monday April 20, April 27, May 4, May 11, May 25, June 1
- 🕒 **Time:** 7:00 PM – 9:00 PM (EST)
- 📍 **Format:** Virtual group

Please make sure you can attend all 6 sessions.

This workshop is part of an optional research study; please see page 2 for additional details. Participation in the research study is voluntary and not required. Choosing not to participate will not affect your participation in the group.

👉 SCAN THE QR CODE OR [CLICK HERE TO EXPRESS INTEREST](#).
FOR MORE INFO, CONTACT ACT.RESEARCH@CAMH.CA





RESEARCH STUDY

Want to Share Your Experience Participating an Adapted Caring for the Caregiver: Acceptance & Commitment Training (CC-ACT) Workshop?



We are looking for participants of adapted CC-ACT workshops to participate in a survey and focus group/interview and share about their experience engaging in the workshop. Compensation will be provided.

INTERESTED IN PARTICIPATING?

- FILL OUT THE EXPRESSION OF INTEREST FORM BY TYPING IN THE LINK [HTTPS://REDCAP.LINK/CCACTEO1](https://redcap.link/ccacteo1) OR SCANNING THE QR CODE
- EMAIL ACT.RESEARCH@CAMH.CA IF YOU HAVE ANY QUESTIONS.

