

Acceptance and Commitment Training For Caregivers

Summer 2026



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

Mandatory Information Session:

June 16, 2026 @ 12:00pm – 1:00pm

Session Dates (June/July 2026):

Tuesdays July 7, 14, 21 @ 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:

June 16, 2026 @ 12:00pm – 1:00pm

Who Should Attend?

- Caregivers of children or adults with a developmental disability
- Past ACT participants are welcome

Registration:

June 16 Information Session [click here](#)

Session Facilitators:

Cindy Hartman chartman@yssn.ca

Sue Walters swalters@yssn.ca