



extend a family

Building an inclusive community

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# Caring for the Caregiver Workshop

## Acceptance & Commitment Therapy (ACT) Workshop for parents of children, youth, or adults with disabilities

Parenting can be challenging. This workshop focuses on caring for the caregiver. Based on the model of Acceptance and Commitment Therapy (ACT), you will be guided through a series of experiential exercises that help you reflect on your usual ways of dealing with stress, and explore alternative approaches based on acceptance, mindfulness and value-based living. In this workshop, you will:

- Gain an understanding of the ACT model and how it can be applied to the stress of parenting a child with a disability
- Reflect on and reconnect with your own core values and come up with ways to be with your child and live a life consistent with these values
- Make connections with other parents in similar situations
- Practice some introductory mindfulness exercises that can be used at home or when parenting

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| <b>DATES &amp; TIMES:</b><br><i>Please commit to attend all 3 sessions.</i> | <b>Friday October 19<sup>th</sup></b><br>7pm to 9pm  | <b>Saturday October 20<sup>th</sup></b><br>9am to 4:30pm | <b>Refresher Session: Thursday November 29<sup>th</sup></b><br>7pm to 9pm |
| <b>LOCATION:</b>  | St. Leonard's Church, 25 Wanless Avenue, Toronto (near Lawrence Subway Station)                                    |  |   |
| <b>REGISTRATION FEE:</b>  | \$15.00 (Light meals included)<br><i>*If this fee is a barrier for you attending, please discuss this with Lee</i> |  |   |

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### FOR MORE INFORMATION and to REGISTER:

Please contact Lee Steel at [ls@extendfamily.ca](mailto:ls@extendfamily.ca) 647-220-9412

**Deadline for Registration: October 5, 2018**

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### LINK TO VIDEO:

<http://www.surreyplace.ca/caring-for-the-caregiver-through-act/>

### ABOUT THE WORKSHOP FACILITATORS

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#### **Lee Steel**

Lee has been a parent co-facilitator of the Caring for the Caregiver ACT workshops since 2015. Lee is the proud parent of two adult children. As a Coordinator with Extend-A-Family, Lee brings her first-hand experience to provide advocacy, support and hope to parents whose children have been diagnosed with a developmental disability.

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#### **Johanna Lake**

Johanna is a clinical psychologist and has been involved in facilitating and studying ACT workshops for the past 3 years. Johanna brings clinical and research expertise in the area of developmental disabilities, and is delighted to have the opportunity to co-facilitate alongside an amazing team of parent facilitators.

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#### **Becky Lerner**

Becky Lerner is a mother of three children ages 5 to 11 all with amazing abilities and complex needs. She is a past workshop participant who felt so passionately about ACT after participating that she began training to be a parent facilitator. Becky is grateful to connect with other families like her own and to share her experience as a parent.

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