

Community Education Service



Improving emotional health and well being

Acceptance and Commitment Therapy for Caregivers – What's it all about?

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Registered Occupational Therapist and a Canadian Certified Counsellor

FREE Webinar

This workshop is about caring for the caregiver. Participants will be taught tools and techniques towards taking care of themselves so that they, in turn, can mindfully connect with their child/young adult. Acceptance and Commitment Therapy (ACT) processes and how they can support caregivers of neurodiverse individuals (including autism and other developmental differences) will be discussed.

Acceptance and Commitment Therapy (ACT) seeks to help individuals to manage difficult things in their lives and mindfully connect with things that are most important in a way that is loving and respectful. With an introduction to the concept of 'mindfulness,' ACT helps to develop a new mindful relationship with unwanted thoughts and feelings. This process helps a person to be more open, and to take action consistent with what they care about.

May 13, 2021
6:30 - 8:00 PM (MST)

[Register](#)

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with the **Centre for Autism Services Alberta** and the **Sinneave Family Foundation**.

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