

The Peel Crisis Capacity Network and Family Services of Peel presents

FAMILIES CONNECT

For Parents and Caregivers

supporting individuals with a developmental or dual diagnosis ages 18 and up

Virtual Drop-In Program

Wednesday, March 16, 2021

6:30-8:00pm

Community Family Education & Support

A drop-in support group designed to provide families and/or caregivers' peer-support, self-care and coping strategies while providing education and valuable resources to help meet the challenges involved when supporting an individual with a developmental or dual diagnosis.

March's Drop-In will include

- Info session from: **Developmental Services Ontario**
- Provide caregivers with peer support and review topics of mindfulness and self-care.

Drop in sessions will be running monthly between
March 2021 –June 2021

Facilitated by:

Val Muniz BSW, RSW and Sylvia Knight

**Connect With Other
Caregivers**

Learn About:

**Resources in the
Developmental
Sector**

**How Caregiver
Stress Can Affect
You**

**Practical Approaches
to Balance Mind,
Body & Spirit**

**For further information
and to register for the
group, please contact:**

**Sylvia Knight at
416-561-3950**

Or

**Val Muniz at
416-577-2496**

**Please contact by
March 11th, 2021 to
register. Spaces in the
group are limited.**