

Mental health for adults with developmental disabilities during COVID-19

A virtual course for family caregivers

The Azrieli Adult Neurodevelopmental Centre at CAMH is inviting family caregivers of adults with developmental disabilities to take part in a **6-week virtual course** on mental health, developmental disabilities and COVID-19, starting **March 17, 2021 (12:30-2:00pm EST)**. This interactive course is an opportunity for caregivers to learn ways to support their loved one, receive up to date information on COVID-19, and to share ideas with one another. Topics will vary week to week and include: healthcare communication, self-care, dealing with grief and loss, and more.

Interested? Find out how to register and see our course overview and schedule at: <https://j.mp/3lcLeDQ>

Questions about this course?

Send an email to Tiziana.volpe@camh.ca or call Tiziana Volpe at 416-535-8501 x 30751

This project is brought to you in partnership with Developmental Service Providers of the Eastern Region Collaborative and made possible through funding from the Ministry of Children, Community and Social Services.

For information about programs and services at CAMH, please visit www.camh.ca or call 416-535-8501 (or 1-800-463-6273)