

FREE WORKSHOP

# Mental Health Supports for Caregivers: A Panel Discussion Family Workshop

This event will provide information about mental health supports available in the community for parents/caregivers. Families attending can ask questions directly to service providers and family members with lived experience of navigating supports and self-care while caring for loved ones with disabilities.

Please join us to learn and discuss! The panel will include:

- **Dr. Shiv Sivapalan - CARES Caregiver Support Program.** CARES is an 8-week program providing mental health support for caregivers and siblings of children on the autism spectrum.
- **Sherron Grant – Co-Founder of Black Parent Support Group** – a group for Black caregivers of children or adults with disabilities
- **Dr. Yona Lunsky – Director of Health Care Access Research at CAMH** – a leader in developing mental health supports for parents/caregivers of children and adults with disabilities.

## WORKSHOP REGISTRATION INFORMATION:

This workshop will take place over Zoom Healthcare

**All attendees must register in advance online at the following link:**

[https://mental\\_health\\_supports\\_panel\\_march24\\_2021.eventbrite.ca](https://mental_health_supports_panel_march24_2021.eventbrite.ca)

**Workshop date and time:**

**Wednesday March 24<sup>th</sup>, 2021 – 7pm-8:30pm**

*If you require accommodations or have questions, please contact Stephanie Moynagh, Family Support Specialist at [smoynagh@hollandbloorview.ca](mailto:smoynagh@hollandbloorview.ca) or 416-425-6220 ext. 6146*

