



Caregiver Support Groups

Being a caregiver of a child with special needs can be challenging, but it's also a unique opportunity for personal growth.

Feeling exhausted, sad, or isolated? Our ACT for Caregivers Support Groups, led by clinicians who are caregivers themselves, can help. ACT fosters caregiver well-being by building emotional resilience through mindfulness, acceptance, and values-based practices. Instead of changing unwanted feelings, ACT helps you develop a mindful relationship with them, allowing you to struggle less and become more flexible in difficult situations. Scientifically proven to enhance life satisfaction, ACT brings you back to what matters most in life.

Where: Virtual

When: Tuesdays, 10 a.m. to 12 p.m.

Dates: October 22, 29,
November 5, 12, 19, 26

Join our free virtual ACT-based Caregiver Support Groups this fall. Over 6 weeks, we'll help you break free from feeling stuck and support your personal growth.

Scan here to learn more



Contact Us

7271 Warden Ave
Markham, ON L3R 5X5
1-800-287-3377
autisminfo@kinark.on.ca
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Sibling Support Groups

Being a sibling of a child with special needs can be challenging, but it is also a unique opportunity for personal growth.

Do you have a child or youth with a sibling who has special needs? Our Sibling Support Groups, led by our skilled multi-disciplinary team, can help. At Kinark, we understand the unique challenges of having a sibling with special needs. Our group offers a space for siblings to connect through fun, interactive activities focused on mindfulness and open discussion. They can share their experiences, emotions, and build relationships in a supportive, judgment-free environment.

Where: Markham Centre

When: Mondays, 4:30 to 5:30 p.m.

Dates: October 21, 28,

November 4, 11, 18

Join our free in-person Sibling Support Groups this fall for 5 sessions covering relationships, values, emotions, and reflection through engaging activities.

Scan here to learn more



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