Good Morning,

As you may know, Autism Ontario has partnered with **SAAAC (South Asian Autism Association Centre)** in a new initiative to offer the **CARES Program** to families across Ontario. CARES is a facilitator led, highly interactive, semi-structured six to eight week program. The group facilitators create a safe space where caregivers can feel empowered and overcome the challenges posed by an autism diagnosis, while fostering strong bonds with their peers.

Our winter sessions have been posted on our website and they are now open for **registration.** There are a few different time slots available depending on the availability of the caregivers. In addition to our regular groups that are open to all caregivers, we also have a group that is specifically for grandparents.

Please feel free to share with any caregivers who would benefit from this kind of support program.

FIY - typically, we offer CARES in French as well, but the next French sessions will be in the Spring.

Thank you!

Kelsey McDaniel | Service Navigator | Prestataire des services de navigation
East Region– Ottawa, Prescott-Russell, Stormont, Dundas and Glengarry
Autism Ontario

1 in 66 **Canadian children are diagnosed with autism. We need your help.**
De nos jours, au Canada, un enfant sur 66 reçoit un diagnostic d'autisme. Nous avons besoin de votre aide.

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