

# FREE AUTISM MINDFULNESS GROUP

We are interested in exploring ways to help autistic adults cope with stress and anxiety. As part of this research, we are holding a **free web-based mindfulness group** that will teach some new ways to better cope with these feelings. We are evaluating the outcome of these groups.

## **The group will take place weekly for 6 weeks**

**Dates and Times:** September 26, October 3, 10, 17, 24, and 31  
from 2:00pm to 3:00pm (MDT)

You will be able to participate in the group virtually, using video conferencing to connect with the group facilitators and other participants.

If you're an autistic adult (18+ years of age), living in Alberta or British Columbia, and this is something you might be interested in learning more about, please contact Brianne Redquest at [brianne.redquest@camh.ca](mailto:brianne.redquest@camh.ca).