



Mental health for adults with developmental disabilities during COVID: 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 virtual course on mental health, developmental disabilities and COVID-19. This course is offered as a 6-week series starting **November 3, 2020 (1:00-2:30pm EST)**. 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/34eSwjQ>

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

Questions about this course?

Email Tiziana.volpe@camh.ca
or call Tiziana Volpe at 416-535-8501 x 30751

