

Parents of Autism Spectrum Adults



Are you feeling isolated or burned out? Are you interested in meeting to exchange ideas & experiences?

You are not alone!

Join us!

To Talk on Zoom: Sunday, November 14, 7pm

To Walk & talk: Friday, November 26, 2pm

Topic: Safety & Well-being: Strategies & Tools for building their skills while managing our worries regarding both!



Walk & Talk:
Central Park,
Burnaby

Meet at
Patterson
Skytrain Station

To register [click here](#) and click on the

Going

button.

