

Mindfulness & Wellbeing Resources

For Parents and people with neurodevelopmental disabilities

Mindfulness programs for Caregivers

Offered through CAMH in partnership with the Canadian Centre for Caregiving Excellence, we have regular virtual mindfulness tailored for caregivers as well as staff.

[**INFORMATION ON MINDFULNESS GROUPS HERE**](#)

Mindfulness videos for people with neurodevelopmental disabilities and their caregivers, staff and educators

[**Accessible Mindfulness Videos for Neurodevelopmental Disabilities**](#)

Free streaming mindfulness meditations

Accessible tools for people with neurodevelopmental disabilities and their caregivers, staff and educators.

[**Guided Meditations | SH Mindfulness \(suehuttonmindfulness.com\)**](#)

Mindfulness in 30 in June

A 4-week virtual series for Family caregivers, and staff and leadership in caregiving professions. Learn mindfulness skills from your home with a community of caregivers, paid and unpaid, every Wednesday evening in June from 6:30pm – 7:30pm EST.

[**REGISTER FOR MINDFULNESS IN 30 HERE**](#)

CAMH Adult Neurodevelopmental Services (ANS) for adults 16+

CAMH ANS services offer a range of mental health supports specializing in developmental disabilities and autism. Counselling, wellbeing and mindfulness groups, occupational therapy, assessments are available.

[CAMH ANS WEBSITE HERE](#)

Canadian Centre for Caregiving Excellence (CCCE)

CCCE has just celebrated it's one year anniversary! A new organization, and the first of it's kind in Canada, CCCE is committed to the wellbeing of caregivers across our populations. This includes caregivers of someone with a disability, a challenging illness, and end of life care. Free groups are regularly offered, and advocacy and policy change initiatives for a better world for caregivers are happening as well. I suggest getting on their mailing list to stay up to date.

[Canadian Centre for Caregiving Excellence](#)

Private Virtual Mindfulness Sessions with Sue Hutton

Private, one on one mindfulness virtual sessions for people with neurodevelopmental disabilities and their caregivers. These are on a sliding scale. I recommend using Passport funding for these to support social skills for getting out in the community.

CONNECT WITH SUE – sue.hutton@camh.ca