

CAREGIVERS' STUDY GROUP: AN INVITATION TO JOIN US

A mindful approach to taking good care of ourselves and each other

Fall 2011 dates: Oct. 5th, Nov. 2nd, and Dec. 7th

11:00 a.m.-2:00 p.m.

Facilitated by

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Sponsored by the Durham Association for Family Respite Services (DAFRS)

Oshawa ON

Who we are:

Currently our group consists of parents of children and adults with physical, neurological or psychiatric impairments. We are learning about the practice of mindfulness, and how that applies to taking good care of ourselves so that we can increase our capacity to be of benefit to others. We welcome parents, grandparents, adult siblings, friends, support staff, as well as community members who are currently involved, or have been involved in care giving responsibilities in a family home, a school, a group home, a hospital, or a mental health centre. We are a diverse group. We encourage everyone to draw on practices that are compatible with their own culture, tradition, faith or worldview.

Our focus:

To provide a supportive educational context for caregivers who are searching for self-renewal, through:

- ***Practicing compassion:*** Learn more about the practice of compassion through reflection and discussion on topics such as: deep listening, peaceful presence, non-violent communication, and kind speech.
- ***Practicing self-compassion:*** Learn about how to increase our capacity for self-compassion i.e. to go easy on ourselves- to be kind to ourselves, to forgive ourselves for our mistakes, to practice gratitude, to follow our hearts and to meet our own needs.
- ***Being present:*** Learn about how to be more present and joyful in the present moment. Through meditation practices that help us slow down, quiet ourselves, and become more aware, we find ways to spend less time thinking about the past or worrying about the future, and instead find ways to access the joy of being more present to ourselves and others.

Where and when we meet:

We have been meeting in family homes, at the office (DAFRS) , or in a public library. We are currently searching for other spaces as well. This fall we will be meeting in a family home in Pickering on the first Wednesday of every month, from 11:00 a.m.- 2:00 p.m. We are also considering the possibility of a monthly evening session from 6:00 p.m.-9 p.m. for those who cannot attend during the day. This would depend on the number of people interested.

Contact information:

- For additional information about our group, as well as the location and directions for the daytime fall meetings: contact Maria Hanus: hanusmaria@hotmail.com
- For additional information about our group and to arrange a car pool from the Oshawa and surrounding area for the daytime meetings, please contact Eleanor Werner: e_werner@hotmail.com
- For those who cannot join us during the day but would like to participate if an early evening session were available contact Felicia Jervis fcjervis@gmail.com
- For any other related inquiries please contact Mary Lou Evelyn at the Durham Association for Family Respite Services mevelyn@dafrs.com or Tel: 905-436-2500 ext. 2314 or 1-800-500-2850 extension 2314