

**HANDS' AUTISM SERVICES IS OFFERING**

# **FAMILY SUPPORT GROUPS**

Our Family Service Team is here to provide you and your family space to connect with others who share your journey. Our Family Support Groups will provide you with a virtual community of support through shared experiences and learnings.

**5S TEEN CONNECT- MONDAYS 4-5 PM**  
**CARING FOR CAREGIVERS- MONDAYS 6-7 PM**

## **5S TEEN CONNECT FOR YOUTH AGED 12-16**

This friendly and relaxed environment provides opportunity for youth to share their experiences related to the ever-changing social world of teenage life. Through a series of games and activities, we provide a supportive experience for teens to socialize and make friends while learning how to manage complex and challenging social dynamics.

**WEEKLY AT 4PM FROM OCTOBER  
19 TO NOVEMBER 23**

## **CARING FOR CAREGIVERS FOR CAREGIVERS OF CHILDREN WITH ASD**

Come join the conversation with one of our Registered Social Workers and other caregivers about topics that are important to you. This virtual support group for caregivers will address issues that matter to you and help you find ways to manage and mitigate your day-to-day stress. Sign up for these weekly sessions by registering with our Family Service Team.

**WEEKLY AT 6PM FROM OCTOBER  
19 TO DECEMBER 7**

Call  
1-800-668-8555 ext. 1333 or email  
[autism@handstfhn.ca](mailto:autism@handstfhn.ca) to register or for  
additional information