

FAMILY SUPPORT GROUPS

Hands' Family Support Groups offer a virtual community of support through shared experiences and learnings.

We provide a space to connect with others who share your journey.

Call 1-800-668-8555 ext. 1333 or email autism@handstfhn.ca to register.



CARING FOR CAREGIVERS

Join other caregivers, and a Registered Social Worker, to connect about topics that are important to you. This virtual caregiver support group will address issues that matter to you and help you find ways to manage and mitigate your day-to-day stress.

Wednesday, October 6, November 3, December 1
7:00 pm to 8:00 pm

TEEN CONNECT

A friendly and relaxed environment for youth to share their experiences related to teenage life. Through games and activities, youth will have support to socialize and make friends, while learning how to manage complex and challenging social dynamics.

Monday, October 18, 25, November 1, 8, 15, 22, 29, December 6
4:00 pm to 5:30 pm

SIBSHOPS (AGES 8 TO 12)

Sibshops are fun events just for brothers and sisters of kids with special needs, and in our case brothers and sisters of kids with autism. They are special events for siblings to shine and have some fun together, while meeting other siblings who share common life experiences. Each session is filled with games and activities with a focus on fun, positivity, and unique sibling experiences.

Wednesday, October 6
November 3, December 1
4:30 pm to 6:00 pm

