

THE TORONTO FASD COORDINATING NETWORK

PRESENTS

CARING FOR THE CAREGIVERS WORKSHOP

WHEN SATURDAY, MAY 12, 2018
9:00-4:30
(8:45-9:30 Breakfast)

WHERE 30 Isabella St, Toronto
7th Floor Auditorium,
Check in at reception

WHO

FREE FOR PARENTS AND CAREGIVERS OF CHILDREN, YOUTH,
AND ADULTS, 18+, AFFECTED BY FASD

WHAT

9:30-9:45 WELCOME

9:45-12:30 GRIEF & RECONCILIATION
Presenter: Dr, Jan Hatanaka, author, educator, consultant,
founder of Grief Reconciliation International Inc.

12:30-1:30 LUNCH

1:30-3:30 MINDFULNESS & MEDITATION
Presenter: Todd Tran: Occupational Therapist at Women's
College Hospital, Family Practice Clinic, where he facilitates
Mindfulness-Based Stress Reduction (MBSR).

3:30-4:30 WRAP UP

REGISTRATION

Please register at hutchings.richards@sympatico.ca by Monday, May 7,
2018.

Space is limited, so register early.

FUNDER

The workshop is funded by
the Circle for Children
Foundation.

PARKING

Green P on Charles St.
East. (one way west of
Jarvis on Charles). Limited
street parking on Charles &
Isabella St. Isabella is one
block south of Charles St
through the parkette.

TTC

From Bloor Subway
station, use Hayden St exit.
Walk two blocks South
through parking garage and
parkette to first building on
right on Isabella