

Calling all Direct Support Professionals in the Developmental Services Sector

Study title: Promoting Wellness in Staff using Acceptance and Commitment Training

You are invited to take part in a virtual workshop aimed to improve wellbeing and resilience in the workplace.



About the Workshop:

This workshop will use evidence-based Acceptance and Commitment Therapy/Training (ACT) strategies. It will occur over three, 2-hour sessions. It is part of a research project to learn more about how to best support staff in the sector. An honorarium will be provided.



Who Should Attend?

Any direct support professional employed at an agency that provides support to individuals with intellectual and/or developmental disability in Canada.

Dates and Times

Orientation

October 15 from 6:30-7:00 PM

Sessions

1. Oct. 22 from 6:30-8:30 PM
2. Oct. 29 from 6:30-8:30 PM
3. Nov 26 from 6:30-8:30 PM

Interested?

Please complete the expression of interest form:

<https://redcap.link/VPACTDSP>

Contact us for more information at PACT@camh.ca

