



# OPTIONS CAREGIVER PEER SUPPORT GROUP

A peer support group for caregivers of children recently diagnosed with Autism and/or Intellectual Developmental Disabilities.

Come learn and share about navigating the system and accessing resources and support for your child.

## Dates & Time

This group meets twice monthly for two months  
**Starting on May 7 | 11:30 a.m. - 1 p.m.**  
**Virtual, on Teams**

## Registration/Information

Contact Laura at: [laurasa@familyservicetoronto.org](mailto:laurasa@familyservicetoronto.org) or  
**437.855.6406**