



Georgina Robinson, Ph.D.



Lynn Savoie, MA

POPARD presents: Introduction to Mindfulness for Young Adults with ASD

facilitated by Georgina Robinson, Ph.D., and Lynn Savoie, MA

This group will provide an introduction to Mindfulness practices. Designed to fit the learning needs of young adults with ASD, a structured group approach will be used to allow participants to sample various mindfulness activities. This is a beginner course and no previous experience in mindfulness is required, however participants must be comfortable working in a group.

Purposes of this group are

- Learn new ways to respond to thoughts and feelings
- Learn practices that may help reduce stress and improve mood
- Increase attention span and focus

Who is this group for?

Young adults, ages 17 – 28, average or above average cognitive and language abilities, able to self-regulate and interact socially. Participants are also invited to bring another adult friend or family member.

Where will this take place?

Pacific Autism Family Network (PAFN),
Boardroom on third floor
3688 Cessna Dr., Richmond, V7C 1C7

When will this happen?

Mandatory Intake and Intro sessions:

4:30-6:00pm, Wednesday, July 5 **OR**
4:30-6:00pm, Monday, July 10

Followed by Group sessions:

Wednesdays, 4:30-6:00pm, July 12,
19, 26, August 2, 9, 16

Attendance is mandatory at an initial intake session on July 5 or July 10.

Pre-registration for intake is required.



**Register by contacting Dr. Robinson at
grobinson@autismoutreach.ca or at 604-946-3610**