



Parents Meeting Parents

We are parents with sons and daughters who have developmental disabilities, including Autism Spectrum Disorder.

We get together once a month to share stories, advice, frustrations, and support.

We also have speakers/presentations every other month.

All family members and caregivers are welcome.



Information presented in the past includes:

- Legal and ODSP issues, Guardianship, Powers of Attorney
- Employment information session with KEYS
- Disability Tax Credit & Registered Disability Savings Plan
- How to talk to your kids about sex
- KPD Vulnerable Sectors Unit, Kingston Police Force
- Self-Care– No it's not burnout!
- Recreation and Leisure Resources in Kingston
- Autism Ontario Programs

Meetings/get-togethers are held the second Monday each month at

1412 Princess Street (*the Community Living Kingston and District office*)

unless specified otherwise.

For more info about the group contact :

Leslie at Community Living Kingston and District

leslie.moore@clkingston.ca 613-5078460 ext. 2228

Or Diane at dbhousekeepingplus@yahoo.ca

Join the Facebook group at: special needs parent support and friendship