



OUCARES Evening Enrichment

The Joy of Guilt: Acceptance and Forgiveness

Presented by

Dr. Thomas Ferrari, Ph.D, OUWB School of Medicine



Tuesday, November 5, 2019

6:00-7:30pm

**Oakland Center, Lake Superior Room
Oakland University**

This presentation is designed to help you learn to forgive others and yourself for feelings of guilt related to having a loved one on the autism spectrum. Practice stress management and coping strategies with Dr. Ferrari from the OU William Beaumont School of Medicine. Specific topics will include:

- Understanding the universality of guilt
- Changing the narrative to relieve the guilt
- Acceptance and forgiveness are the path to joy

This FREE event is designed for parents and caregivers of people with autism, as well as professionals who work with people impacted by autism and anyone interested in learning about the topic.

Please RSVP by emailing oucares@oakland.edu or call 248-370-2424.