



Autism Spectrum Disorder Workshop

YCare is a hands-on workshop that equips young caregivers with the skills, support, and community they need to thrive.

Young caregivers are at greater risk of anxiety, depression, and missing school—but it's not because they're doing something wrong. It's because no one has supported them in care tasks—until now.

CONDITION MODULES

- Understanding sensory issues
- Basic care skills
- Task organization
- Food textures & issues
- Peer support
- Meet the clinician

"I learned more about caregiving, and I met other kids like me. It's good to know I am not alone."

