



MARY MOTHER OF GOD PARISH/OAKVILLE

Welcomes you and
your family to our new

SENSORY FRIENDLY MASS

Offered for any Catholic
(young or old) who prefers a
less sensory experience at
Mass, including those with
Autism, Sensory Processing
Disorder, Down Syndrome,
ADHD or other sensory
differences.

WHAT TO EXPECT:

- Lower Lights/Softer music
- Shorter and more literal homilies
- A supervised quiet room if you need to step out
- Low gluten hosts
- Small host portions
- Freedom to move around
- A welcoming attitude from fellow worshipers

PLEASE FEEL FREE TO BRING:

- FIDGETS
- NOISE CANCELLING HEADPHONES
- SUNGLASSES
- WEIGHTED BLANKETS
- COMFORT TOYS

BEGINNING ON NOVEMBER 10TH, 2019
OFFERED ON THE SECOND SUNDAY OF EACH MONTH AT 3:00 PM.
VISIT WWW.MMOGP.CA FOR MORE INFORMATION