

Youth Groups for Autistic Teens

We are thrilled to announce that our inclusive, supportive, activity and interest based programming will continue this fall on Saturdays. This program aims to promote confidence and connections, develop life and social skills, and explore unique interests in a safe, inclusive environment. We aim to meet each person where they are, celebrating their individuality and helping them grow in meaningful and empowering ways.



Flexible, choice-based



Strength and interest focused



Neurodiversity-affirming





WHAT WE OFFER

- **Activities to promote connection, joy, and life skills**
- **Opportunities to explore interests and passions**
- **Low pressure supportive environment**

We offer a variety of individual and group activities, including arts, games, cooking, gardening, and outdoor activities.

We use a predictable daily schedule with built-in flexibility to meet the needs of the individuals in the group, planning activities with their strengths, interests, and needs in mind.

We support self-advocacy and respect individual choices, offering support to enjoy the varied activities we offer. There can be opportunities for support with homework, academic goals or volunteer/employment opportunities depending on the needs of the group.

Book your intro call to voice your needs and see if these groups are right for your youth!



DETAILS

➤ **Two groups: 9am-12pm and 1pm-4pm**

➤ **Fall 2025 Dates (all included):**

Sept 13, 20, 27

Oct 4, 18, 25

Nov 1, 15, 22

Dec 6 and 13

➤ **Facilitators: Marcy Sinclair, Angelica Cusson, Alexia Blick**

➤ **Cost: \$150/day**

\$1800 for the program

\$600 deposit required at registration

➤ **Location: 1550 Laperriere, Ottawa (Revel School)**



REGISTRATION

➤ **Introduction Call: Free**

➤ **On-site Intake: Free (required for all new clients)**

BOOK NOW



One of our facilitators will reach out to schedule a call.

More About Our Group Programs

Our supportive group programs for autistic and neurodivergent individuals are designed to foster connection, confidence, and social-emotional health. In a safe and inclusive environment, we facilitate the exploration of personal strengths, interests, needs, and goals to generate meaningful growth. With a variety of individual and group activity options, including arts, games, cooking, gardening, outdoor and community excursions, and the ability to provide individual support for academics or work readiness, we offer participants the opportunity to explore new skills and build confidence towards their goals. Our neurodiversity-affirming environment offers a flexible, choice-based approach to nurture comfort, autonomy, and self-advocacy. This program is ideal for anyone looking to make meaningful connections and boost their life skills in a low-pressure, supportive space.

