

EMPOWER PARENTS: SUPPORT AND STRATEGIES FOR PARENTING YOUR AUTISTIC CHILD WITH CONFIDENCE

Join us in an encouraging space where you'll gain both skill-based guidance and emotional support with other parents who understand.


WHAT YOU'LL GAIN:

- ✓ **Clear Understanding:** Learn how the autistic brain influences emotional and social development
- ✓ **Autism-Informed & Emotion-Focused Strategies:** Deepen family connections while supporting your child's well-being
- ✓ **Parent Well-Being:** Connect with other parents and receive support with parenting stress
- ✓ **Parent Confidence:** Identify your strengths and actionable next steps to support your family with confidence



 **NOW OFFERED VIRTUALLY!** Same workshops, minus the commute!

\$1000 in total (\$500/session; \$250 deposit at registration)

 **Family Discount:** We know the importance of parents and caregivers working as a team. A second parent/caregiver from the same family receives a discount.

** Eligible for extended insurance under psychology. Direct billing available for most insurance companies.*

FACILITATORS: DR. JULIA RYAN, DR. KELLY WEEGAR & JOANNE DOUCETTE



****ALL WORKSHOPS INCLUDE 2 FULL-DAY SESSIONS (9 AM - 3 PM EACH DAY)****

EMPOWER PARENTS: YOUTH (13-21)

Friday, Apr 10th, 2026 + Friday, Apr 24th, 2026

Registration Deadline: Friday, Mar 27th, 2026

EMPOWER PARENTS: CHILDREN (6-12)

Friday, May 8th, 2026 + Friday, May 22nd, 2026

Registration Deadline: Friday, Apr 24th, 2026

SCAN TO REGISTER OR
LEARN MORE:



For questions, please contact julia@drjuliaryan.ca.