

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

Are you a parent or caregiver of a child who has recently received an autism diagnosis?

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
- ✓ **Emotion-Focused Strategies:** Strengthen your connection with your teen while supporting emotional wellbeing
- ✓ **Parent Wellbeing:** Connect with other parents and receive support with parenting stress
- ✓ **Parent Confidence:** Identify your parenting strengths and actionable next steps to work as a parenting team



IN PERSON at 111 Sherwood Drive, Ottawa, ON (Parking on site)  
\$1000 in total (250/session as a package of 4 sessions)



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 major insurance companies.

## SPRING SESSIONS OPEN FOR REGISTRATION!

### PARENTS OF YOUTH AGES 11-14 (MIDDLE SCHOOL)

Workshop includes 4 sessions;

- September 18th and 19th 2025
- October 3rd and 4th 2025

Time: 9 AM - 12 PM each day

### PARENTS OF YOUTH AGES 14-19 (HIGH SCHOOL)

Workshop includes 2 sessions;

- November 21<sup>st</sup>
- December 5th

9am-3pm each day

**FACILITATORS:** DR. KELLY WEEGAR  
& JOANNE DOUCETTE



**FACILITATORS:** DR. JULIA RYAN &  
JOANNE DOUCETTE



To register, please contact [julia@drjuliaryan.ca](mailto:julia@drjuliaryan.ca)