

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



PARENTS OF YOUTH AGES 11-14 (MIDDLE SCHOOL)

Workshop includes 4 sessions;

- September 19th and 20th, 2025
- October 3rd and 4th, 2025

Time: 9 AM - 12 PM each day

Registration deadline: April 4th, 2025

FACILITATORS: DR. KELLY WEEGAR & JOANNE DOUCETTE



What parents are saying:

I was hesitant about signing up, but learning with and from others, as well as the peer support, was so valuable. The facilitators were great!

This was the most helpful autism workshop I've attended. Hearing from other parents made me feel less alone.

This was an incredible group experience. Integrating both EFFT and the autistic brain was really helpful. It felt especially beneficial to meet in person."

FALL DATES OPEN NOW! GET YOUR SPOT!

Spaces are limited. Be sure to secure your spot today. Don't miss this opportunity to gain valuable knowledge, strategies, and support.

To register, please contact julia@drjuliaryan.ca



IN PERSON at 111 Sherwood Drive, Ottawa, ON (Parking on site)
\$1000 in total (250/session as a package of 4 sessions)
Family Discount offered for parents of the same youth

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