


SOCIAL GROUPS FOR PARENTS & CAREGIVERS NAVIGATING NEURODIVERGENCE



"We don't have to
do all of it alone.
We were never
meant to."

Brené Brown

Community

Belonging

Parenthood

Caregiving

Neurodivergence

What we do

We offer a dedicated virtual space where you belong—a place to connect with a community that understands neurodivergent parenthood and caregiving.

Who this is for

Whether you are a parent of a newly diagnosed child, a neurodivergent adult yourself, or anything in between or outside the lines - we welcome you to our community hub for genuine connection, comraderie, and real-world advice.

OUR FACILITATORS

A group of compassionate facilitators with lived experience as neurodivergent parents. For details about each facilitator and the groups they run, please visit the registration pages linked in the calendar.



rob



poe



louise



taylor



sarah

SOCIAL GROUPS FOR PARENTS/CAREGIVERS NAVIGATING NEURODIVERGENCE

FALL 2025

WED
SEP

3

Taylor's Group for Neurodivergent Caregivers

12:00 PM - 1:00 PM

[Register Here](#) by September 2nd 2025

SUN
SEP

7

Poe's Group for Queer and Trans Caregivers*

12:00 PM - 1:00 PM

[Register Here](#) by September 6th, 2025

MON
SEP

15

Rob's Group for Fathers

12:00 PM - 1:00 PM

[Register Here](#) by September 14th, 2025

WED
SEP

17

Taylor's Group for Neurodivergent Caregivers

12:00 PM - 1:00 PM

[Register Here](#) by September 16th 2025

THU
SEP

18

Louise's Group for Processing a Diagnosis

7:00 PM - 8:00 PM

[Register Here](#) by September 17th, 2025

Further info about facilitators and group focus available on the registration page
Cost: \$50/session Format: virtual across Ontario Contact: julia@drjuliaryan.ca

*Poe's groups also available to BC residents

SOCIAL GROUPS FOR PARENTS/CAREGIVERS NAVIGATING NEURODIVERGENCE

FALL 2025

SUN
SEP **21** ***Poe's Group for Queer and Trans Caregivers****
12:00 PM - 1:00 PM
[Register Here](#) by September 6th, 2025

MON
SEP **22** ***Sarah's Group for Late-Diagnosis/Adulthood Transitions***
6:00 PM - 7:00 PM
[Register Here](#) by September 21st, 2025

MON
SEP **29** ***Rob's Group for Fathers***
12:00 PM - 1:00 PM
[Register Here](#) by September 28th, 2025

TUE
SEP **30** ***Louise's Group for Processing a Diagnosis***
7:00 PM - 8:00 PM
[Register Here](#) by September 29th, 2025

WED
OCT **1** ***Taylor's Group for Neurodivergent Caregivers***
12:00 PM - 1:00 PM
[Register Here](#) by September 30th 2025

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FALL 2025

SUN
OCT **5** ***Poe's Group for Queer and Trans Caregivers****
12:00 PM - 1:00 PM
[Register Here](#) by October 4th, 2025

MON
OCT **6** ***Rob's Group for Fathers***
12:00 PM - 1:00 PM
[Register Here](#) by October 5th, 2025

MON
OCT **6** ***Sarah's Group for Late-Diagnosis/Adulthood Transitions***
6:00 PM - 7:00 PM
[Register Here](#) by October 5th, 2025

WED
OCT **15** ***Taylor's Group for Neurodivergent Caregivers***
12:00 PM - 1:00 PM
[Register Here](#) by October 14th 2025

THU
OCT **16** ***Louise's Group for Processing a Diagnosis***
7:00 PM - 8:00 PM
[Register Here](#) by October 15th, 2025

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FALL 2025

SUN
OCT **19** ***Poe's Group for Queer and Trans Caregivers****
12:00 PM - 1:00 PM
[Register Here](#) by October 18th, 2025

MON
OCT **20** ***Rob's Group for Fathers***
12:00 PM - 1:00 PM
[Register Here](#) by October 19th, 2025

MON
OCT **20** ***Sarah's Group for Late-Diagnosis/Adulthood Transitions***
6:00 PM - 7:00 PM
[Register Here](#) by October 19th, 2025

TUE
OCT **28** ***Louise's Group for Processing a Diagnosis***
7:00 PM - 8:00 PM
[Register Here](#) by October 27th, 2025

WED
OCT **29** ***Taylor's Group for Neurodivergent Caregivers***
12:00 PM - 1:00 PM
[Register Here](#) by October 28th 2025

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FALL 2025

SUN
NOV **2** ***Poe's Group for Queer and Trans Caregivers****
12:00 PM - 1:00 PM
[Register Here](#) by November 1st, 2025

MON
NOV **3** ***Sarah's Group for Late-Diagnosis/Adulthood Transitions***
6:00 PM - 7:00 PM
[Register Here](#) by November 2nd, 2025

THU
NOV **13** ***Louise's Group for Processing a Diagnosis***
7:00 PM - 8:00 PM
[Register Here](#) by November 12th, 2025

SAT
NOV **15** ***Rob's Group for Fathers***
12:00 PM - 1:00 PM
[Register Here](#) by November 14th, 2025

SUN
NOV **16** ***Poe's Group for Queer and Trans Caregivers****
12:00 PM - 1:00 PM
[Register Here](#) by November 1st, 2025

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FALL 2025

MON
NOV **17** ***Sarah's Group for Late-Diagnosis/Adulthood Transitions***
6:00 PM - 7:00 PM
[Register Here](#) by November 16th, 2025

TUE
NOV **25** ***Louise's Group for Processing a Diagnosis***
7:00 PM - 8:00 PM
[Register Here](#) by November 24th, 2025

WED
NOV **26** ***Taylor's Group for Neurodivergent Caregivers***
12:00 PM - 1:00 PM
[Register Here](#) by November 25th 2025

SAT
NOV **29** ***Rob's Group for Fathers***
12:00 PM - 1:00 PM
[Register Here](#) by November 28th, 2025

MON
DEC **1** ***Sarah's Group for Late-Diagnosis/Adulthood Transitions***
6:00 PM - 7:00 PM
[Register Here](#) by November 30th, 2025

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SOCIAL GROUPS FOR PARENTS/CAREGIVERS NAVIGATING NEURODIVERGENCE

FALL 2025

SUN
DEC **7** ***Poe's Group for Queer and Trans Caregivers****
12:00 PM - 1:00 PM
[Register Here](#) by December 6th, 2025

MON
DEC **8** ***Sarah's Group for Late-Diagnosis/Adulthood Transitions***
6:00 PM - 7:00 PM
[Register Here](#) by December 7th, 2025

WED
DEC **10** ***Taylor's Group for Neurodivergent Caregivers***
12:00 PM - 1:00 PM
[Register Here](#) by December 9th 2025

THU
DEC **11** ***Louise's Group for Processing a Diagnosis***
7:00 PM - 8:00 PM
[Register Here](#) by December 10th, 2025

SAT
DEC **13** ***Rob's Group for Fathers***
12:00 PM - 1:00 PM
[Register Here](#) by November 28th, 2025

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