

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;

- April 11th and 12th
- April 25th and 26th

Time: 9 AM - 12 PM each day

Registration deadline: April 4th, 2025

PARENTS OF YOUTH AGES 14-19 (HIGH SCHOOL)

Workshop includes 4 sessions;

- May 23rd and 24th
- June 6th and 7th

Time: 9 AM - 12 PM each day

Registration deadline: May 16th, 2025

FACILITATORS: DR. KELLY WEEGAR & JOANNE DOUCETTE



FACILITATORS: DR. JULIA RYAN & JOANNE DOUCETTE



To register, please contact julia@drjuliaryan.ca

To be contacted about similar groups in the future:

[CLICK HERE](#) 