

# Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH



*"Neurodiversity may be every bit as crucial for the human race as biodiversity is for life in general. Who can say what form of wiring will prove best at any given moment?"*

*Journalist Harvey Blume*



## MAY, 2025



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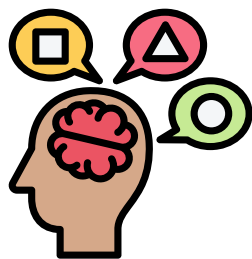
#### NEURODIVERSITY

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## What is Neurodiversity?

Have you ever noticed how unique people are in how they learn, think, feel, and experience the world? Maybe you've encountered someone who sees things in a different way or finds an interesting solution to a problem.

That variety is what we call neurodiversity. It's a natural part of the human experience, including those whose brains work in ways considered typical because they are more common ("neurotypical") and those with unique processing styles that are less common ("neurodivergent") - diamonds in the rough!

Unfortunately, differences can be met with misunderstanding or stigma. We know from all of the families we work with and our own experiences that the pressure to fit into a narrow definition of "normal" takes a tremendous toll on mental health, making anyone who thinks, learns, or behaves differently feel like an outsider. The idea that there's only one "right" way to be means that the incredible strengths and contributions that come with diverse ways of thinking are missed.

We stand firmly for a **neurodiversity-affirming** approach. This means we don't just accept brain differences – we celebrate them. We believe that every neurotype has inherent value and unique strengths.

We are also **neurodivergent-affirming**, which means we actively recognize and champion the specific talents and perspectives of individuals whose minds work differently from the majority. We understand that the challenges often faced by neurodivergent individuals stem not from who they are, but from navigating a world often not designed to capture their processing style, and facing biases we are committed to dismantling.

The greatest joy in our day comes from truly connecting with our clients – children, youth, and adults. We are genuinely fascinated by their unique interests, passions, and the incredible ways they see the world.

Our commitment to affirming care is about a commitment to our clients who we believe deserve to shine and thrive. We seek to actively challenge stigma by offering clients a space to be themselves and an understanding that it is OKAY to be different... maybe even better!



*The team at Julia Ryan Psychology*



# TEAM UPDATES

Our team is growing and all of our team members are hard at work engaging in continuing education and professional development!

## WELCOME TO SHERRY AND SAMRAH!

*Sherry is a Qualifying Registered Psychotherapist with a background in occupational therapy. She has many years of experience working with individuals in outpatient mental health, delivering evidence-based interventions for mental health and daily functioning.*

*Samrah is a practicum student working on her Masters in Counselling at Saint Paul's University. Samrah is supervised by Samantha Davidson and is looking forward to working with children and adolescents from a neurodiverse-affirming lens as part of her ongoing learning.*

## CONGRATULATIONS JOY AND JAYSON!

*Joy successfully defended her doctoral dissertation and is now eligible for Supervised Practice with the College of Psychologists and Behavioral Analysts of Ontario!*

*Jayson has passed all of his exams and requirements with the CRPO and is now a Registered Psychotherapist!*



# SERVICE UPDATES



We are committed to offering meaningful services that reflect the real needs of neurodivergent individuals and their families.

## Therapy

**Immediate availability** in person or virtual ages 16+

**Sign Up**

## Assessment

*Our comprehensive assessments include evaluation of ADHD, autism, learning disorders, mental health and behavioral difficulties.*

**Currently open** for new requests for our waitlist. Our waitlist is approximately 9-12 months.

We know this is long and some families need assessments much sooner. We do get cancellations and hold a separate cancellation list for those wanting to be prioritized for earlier opportunities.

For earlier options, please see list below.

**Sign Up**

We want to hear from you!

*If you recently received an assessment with us, please take a moment to give us some feedback!*

Feedback Survey on Assessment Services:

**CLICK HERE**

We know it is important to get a timely assessment. Please see below a list of trusted colleagues and clinics that may be offering earlier assessments:



## CHILDREN/ ADOLSECENTS

- Dr. Lyndsay Evraire
- Sherwood Psychology
- Connections Psychology
- Centre Dimensions



## ADULTS

- Grounded Psychology
- Mary Ann Coulter
- CFIR
- Gilmour Psychology
- MindSpa

**SHARE YOUR EXPERIENCE TRYING TO FIND A PSYCHOEDUCATIONAL ASSESSMENT FOR YOUR CHILD TO HELP INFLUENCE CHANGE IN THIS AREA:**



## Has your child been assessed for a learning disability?

We are looking for research volunteers to take part in a study of accessing psychoeducational assessments for youth in their care. You would be asked about your experiences attempting to access these assessments and barriers you have faced.

Survey link: [https://qualtricsxmyn4mkq66j.qualtrics.com/jfe/form/SV\\_6YiQvEVIVoE0LZQ](https://qualtricsxmyn4mkq66j.qualtrics.com/jfe/form/SV_6YiQvEVIVoE0LZQ)



Participants must be parents/caregivers who have sought out and recieved psychoeducational testing for youth in their care within the last 10 years. Youth must be attending an Ontario school.

For more information about this study, please contact one of the following:

Florencia Saposnik - [florencia.saposnik@mail.utoronto.ca](mailto:florencia.saposnik@mail.utoronto.ca)  
Dr. Linda Iwenofu - [linda.iwenofu@utoronto.ca](mailto:linda.iwenofu@utoronto.ca)







# SERVICE UPDATES



We are committed to offering meaningful services that reflect the real needs of neurodivergent individuals and their families.

## Groups

Open for select spring, summer and fall groups

Sign Up



**TELL US WHAT SERVICES YOU NEED!**

*Service Needs Survey:*

**CLICK HERE**



KEEP SCROLLING TO SEE POSTERS FOR OUR AVAILABLE GROUPS AND INFORMATION ABOUT OTHER GROUPS OFFERED FROM OUR COLLEAGUES THAT MAY BE SUITABLE TO YOUR NEEDS.

# 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 14-19 (HIGH SCHOOL)

May 23rd and 24th

June 6th and 7th

Time: 9 AM - 12 PM each day

Registration deadline: May 16th, 2025

**FACILITATORS:** DR. JULIA RYAN & 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."

## JUST A FEW SPOTS LEFT!

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](mailto: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.



# Summer Day Program for Autistic Teens

We're excited to introduce a 6 week supportive and enriching summer program designed specifically for autistic teens. This program aims to promote confidence and self-esteem, develop important life skills, and explore their unique interests in a safe, inclusive environment. We aim to meet each youth where they are, celebrating their individuality and helping them grow in meaningful and empowering ways.



**Flexible, choice-based**



**Strength and interest focused**



**Neurodiversity-affirming**



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## FOCUS AREAS

### **Social & emotional skills**

- Emotional awareness and self-understanding
- Social flexibility and problem-solving
- Mindfulness, self-compassion, and sensory regulation
- Navigating social rules and emotions of others

### **Hands-on learning (based on their interests)**

- Art (drawing, crafting, digital design)
- Cooking and gardening
- Physical movement (daily walks, yoga, stretching)
- Community outings around the area (local chip wagons/ restaurants)

### **Executive functioning & life skills**

- Time management and organization
- Self-care, hygiene, and sex ed
- Setting up and cleaning up
- Building healthy routines

### **Academic opportunities**

- Earning high school credits through RISE Academy
- Boosting academic confidence and skills
- Reading, writing, and personal learning projects

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## WHAT WE OFFER

- **A focus on emotional well-being and confidence**
- **A low-pressure, supportive environment**
- **Activities designed to develop life skills**
- **Academic and executive functioning support**
- **Opportunities to explore passions and interests**
- **Experiential learning activities to promote connection, joy, and self-esteem**

These opportunities are offered through a predictable schedule with built-in flexibility, offering both group and individual activities. Youth have the chance to make choices based on what feels right for them, with staff support every step of the way.

We are also thrilled to share that we've partnered with *RISE Academy*, which allows youth the option to earn **high school credits** as part of their participation. This partnership helps ensure that your child's emotional, social, and academic growth can happen all in one place.

This program is suited to autistic teens who may be struggling with school attendance, mental health, or life skills for adulthood.

**If you are interested in learning more about our day program for your teen, including dates and cost, please reach out to facilitator Christina Quaile at [christina.quaile@drjuliaryan.ca](mailto:christina.quaile@drjuliaryan.ca)**

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

Workshop includes 4 sessions;

- September 19<sup>th</sup> and 20<sup>th</sup>, 2025
- October 3<sup>rd</sup> and 4<sup>th</sup>, 2025

Time: 9 AM - 12 PM each day

Registration deadline: September 5th

**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](mailto:julia@drjuliaryan.ca)



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# GROUPS IN THE COMMUNITY:

## GROUP OPPURTUNITIES IN THE COMMUNITIY

### Centre Dimensions Groups

Parenting on the Spectrum: A Supportive Space for Caregivers

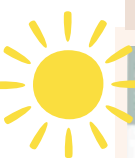
A space for parents to share experiences, gain insight, and receive support from others navigating similar journeys.

Tuesdays 5pm-6:30pm - starts April 1st 🧑🧒 \$100 for 10 sessions

For more available groups:

[CLICK HERE](#)

### Child in Mind Groups



#### SUMMER CAMPS & GROUPS

**JULY 7-11TH**

9:30-4:30 pm

Drama Camp 9-12yr

**JULY 14-18TH**

9:30-4:30 pm

Drama Camp 6-8 yr

**JULY 21-25TH**

9:00-12:00 pm

Self Regulation and Social Skills Group 6-8 yr

1:00-4:00 pm

Self Regulation and Social Skills Group 9-12 yr

**JULY 28- AUG 1ST**

9:00-12:00 am

Calm Connections Group 6-8 yr

1:00-4:00 pm

Calm Connections Group 9-12 yr

**AUG 11-15TH**

9:00-12:00 pm

Social Skills Group for Kids with ASD 9-13 yr

**AUG 18-22ND**

9:00-12:00 pm

Learn to Play Group 3-5 yr

[REGISTER HERE](#)



Have a child who loves to perform? Or maybe one that would like to try acting for the first time? Introducing Child in Mind's Drama Explorers; a creative and fun-filled drama camp led by celebrated professional actor Sarah McVie!

This camp offers kids a week-long adventure that is sure to ignite imaginations, build confidence and encourage pride and pleasure in delivering a live performance for an audience.

For more available groups:

[CLICK HERE](#)



# CONNECTED & SAFE

SUPPORTING PARENTS  
IN GUIDING THEIR  
TEENS IN THE ONLINE  
WORLD



**27 MAY 2025**



**6:00PM- 8:00PM**



**Online via Zoom**

Child IN MIND

Hosted By:  
**Child in Mind**

## WORKSHOP OUTLINE :

This workshop aims to provide parents with practical strategies to foster healthy online habits, ensure their children's safety, and understand the influence of digital spaces on their teens' social and emotional well-being.

