

# 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 19<sup>th</sup> 2025
- October 3<sup>rd</sup> and 4<sup>th</sup> 2025

Time: 9 AM - 12 PM each day

Registration deadline: Sept 5, 2025

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

Workshop includes 4 sessions;

May 23<sup>rd</sup> and 24<sup>th</sup>

June 6<sup>th</sup> and 7<sup>th</sup>

Time: 9 AM - 12 PM each day

Registration deadline: May 16<sup>th</sup>, 2025

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



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



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