



AUGUST, 2025



COMMUNITY RESOURCES

COMMUNITY



On this beautiful September weekend, as families settle back into school routines, I've been reflecting on how important community is for our youth, parents, and families. For many, schools serve as a primary community space—but for many neurodivergent families, navigating the school community can be challenging.

Since the pandemic, school refusal and non-attendance have become increasingly common, with autistic children and youth making up a large portion of those affected. These challenges highlight just how essential it is to have supportive spaces outside of school where children, teens, and parents can feel seen, connected, and nurtured, and celebrated for their individuality.

At our clinic, we've witnessed firsthand the powerful benefits of these supportive community spaces. That's why we're as committed as ever to offering meaningful group services designed to build connection and belonging.

We invite you to keep an eye on our group offerings—and please consider sharing them with families who might benefit. Together, we can help create the supportive networks our young people and families truly need. Thank you for being part of this community.

JULIA RYAN PSYCHOLOGY

TEAM UPDATES

YOUTH GROUP STAFF

We are pleased to have a growing number of staff supporting our youth group programs:

Marcy Sinclair

Angélica Cusson

Alexia Blick

Eva Saracino

Kelly McKenna

ASSISTANT MANAGER

Welcome to Kevin Chin who is coming on to assist with daily operations. Kevin is in training and we look forward to having him fully integrated in our client care!

SERVICE UPDATES

THERAPY

Immediate availability in person or virtual ages 16+ with Erin or Jayson, including for parenting support, mental health and navigating neurodiversity.

ERIN SHAHEEN



[Biography](#)

JAYSON YUNG



[Biography](#)

REGISTER NOW

SERVICE UPDATES

ASSESSMENT

We are **closed** for new requests for all ages while we work to serve clients on the waitlist and re-open with a shorter wait time and more efficient intake procedures.

Update: We will work through the fall to shorten our waitlist and will likely re-open in January 2026.

Please consider seeking services with one of our **recommended** colleagues or checking back in the fall, as we anticipate reopening for new assessment requests in September.



ASSESSMENT OPTIONS

- [Connections Psychology \(child, adolescent, adult\)](#)
- [Jeremy Doucette \(child, adolescent, adults\)](#)
- [Dr. Marc Bedard at CFIR \(adults\)](#)
- [Dr. Lyndsay Evraire \(child, adolescent\)](#)
- [Sherwood Psychology \(child, adolescent\)](#)
- [Ivanova and Associates \(adults\)](#)
- [Centre Dimensions \(adults\)](#)
- [Dr. Melodie Lemay-Gaulin \(adults, virtual\)](#)
- [Dr. Gayle Goldstein \(adults, virtual\)](#)

SERVICE UPDATES

UPCOMING EVENTS



EMPLOYMENT AND NEURODIVERGENCE

If you are an autistic adult who is working and looking to improve your work conditions and mental wellbeing through accommodations and adjustments, this workshop is for you!

Click the dates below for more information and to register.

Thursday September 25th & October 2nd, 2025
from 12:00 PM - 1:30 PM
Registration Deadline: September 18th 2025

NEURODIVERGENT “MEET UP”

Parents of autistic children of all ages navigating neurodivergence are invited to our virtual parent social groups. With a selection of options for all, there is something for every parent seeking connection and community.

Click on the date for more information and to register.

YOUNG ADULTS
SEPTEMBER 30,
4:30-5:30

YOUTH
OCTOBER 16TH,
4:30-5:30

ADULTS
OCTOBER 28TH,
4:30-5:30

CONTACT [JULIA@DRJULIARYAN.CA](mailto:julia@drjuliaryan.ca) FOR QUESTIONS

UPCOMING EVENTS

VIRTUAL PARENT SOCIALS

Parents of autistic children of all ages navigating neurodivergence are invited to our virtual parent social groups. With a selection of options for all, there is something for every parent seeking connection and community. ***Click on the date for more information and to register.***

SEP
22

Monday, 6pm-7pm

Sarah's Group for Parents of Young Adults

Join Sarah to meet other parents of late-diagnosed or young adult autistic children navigating adulthood transitions.

SEP
29

Monday, 12pm-1pm

Rob's Parent Group for Fathers

Join Rob's welcoming and supportive group for fathers navigating parenthood and processing neurodivergence

SEP
30

Tuesday 7pm-8pm

Louise's Group for Parents Processing New Diagnoses

Join Louise's parent support group to connect and share experiences navigating a new diagnosis.

OCT
05

Sunday, 12pm-1pm

Poe's Group for Queer & Neurodivergent Parents

Join Poe for a parent support group to connect and build community among parents

OCT
06

Monday, 6pm-7pm

Sarah's Group for Parents of Young Adults

Join Sarah to meet other parents of late-diagnosed or young adult autistic children navigating adulthood transitions.

OCT
29

Wednesday, 12pm-1pm

Taylor's Group for Neurodivergent Parents

Join Taylor's parent support group to connect and share experiences with other neurodivergent parents

CONTACT [JULIA@DRJULIARYAN.CA](mailto:julia@drjuliaryan.ca) FOR QUESTIONS

Supports for Students with Exceptional Abilities/ Developmental Disabilities in Ontario

Children and Youth (Under 18 Years of Age)

Service Coordination Support (SCS)

SCS is the initial contact point for people who have a developmental disability or autism.

It helps people find community resources such as respite services, funding resources, therapies and support programs.

It also provides case management for children (up to age 18) and adults.

[Learn More](#)

Easter Seals Ontario

Easter Seals provides programs and services for the disability community. The Incontinence Supplies Grant is an annual grant for children between ages 3-18, made in two payments, to offset some of the costs for diapers and certain supplies for incontinence (e.g., diapers, PullUps, Attends, Swimmers and catheters).

[Learn More](#)

CHEO Children's Treatment Centre (CTC)

The CTC offers services for those with a variety of challenges including complex special needs.

Services include medical clinics, social work, diagnostic services, adaptive technologies, augmentative communication, therapies and more.

[Learn More](#)

Ontario Autism Program (OAP)

The Ontario Autism Program offers support to families of children and youth on the autism spectrum.

Access OAP

Through an online family portal, and with the support of care coordinators, families can see what service options are available to them and be supported in accessing the OAP services that best suit their needs.

[Learn More](#)

Assistance for Children with Severe Disabilities (ACSD)

Through this income-based program, eligible individuals can receive between \$25 and \$646/ month to help with disability-related costs (e.g., travel to appointments, batteries for mobility devices, orthotics, hearing aids and vision care). Payments are made by direct deposit.

[Learn More](#)

Special Services at Home (SSAH)

SSAH provides funding for services and supports for children to participate in day-to-day activities, supporting their growth and development. It also provides funding for respite services. Expense claims submitted by parents are reimbursed by the Ministry of Children, Community and Social Services. This program is not income-based.

[Learn More](#)



Are you a Parent who is also Autistic?

WE WANT TO HEAR FROM YOU!

Autistic fathers are particularly encouraged to participate!

The **CARE Lab** at **Carleton University** is interested in hearing from Autistic adults about their experience with parenting and seeking a diagnosis.

WHO CAN PARTICIPATE?

- Adults 18+ who recently received an autism diagnosis or self-identify as Autistic
- Diagnosis or identified as Autistic after seeking a dx for their child

WHAT IS INVOLVED?

- Complete a questionnaire (~20-30 minutes)
- Participate in a one-on-one interview (~45-60 minutes)

WHAT DO I GET?

You can receive up to \$25 in eGift Cards for your participation

INTERESTED?

To participate, please contact:
AutismLab@carleton.ca

or scan the QR Code below:

