

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)

Deposit a registration: \$250

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.

FALL SESSIONS OPEN FOR REGISTRATION!

PARENTS OF YOUTH AGES

11-14 (MIDDLE SCHOOL)

Workshop includes 4 sessions;

- September 19th and 20th 2025
- October 3rd and 4th 2025

Time: 9 AM - 12 PM each day

Registration Deadline:

September 5th 2025

PARENTS OF YOUTH

AGES 14-19 (HIGH SCHOOL)

Workshop includes 2 sessions;

- November 21st 2025
- December 5th 2025

9am-3pm each day

Registration Deadline:

November 7th, 2025

FACILITATORS: DR. KELLY WEEGAR
& JOANNE DOUCETTE



FACILITATORS: DR. JULIA RYAN &
JOANNE DOUCETTE



REGISTER NOW

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For questions, please contact julia@drjuliaryan.ca