

# Empower Parents:

## Support and Strategies for Parenting Your Autistic Child

Dear Parents,

We know that parenting tweens with a recent diagnosis of autism can be overwhelming. However, you don't have to navigate this journey alone. Our upcoming in-person workshop is designed specifically for parents like you, offering both support and practical tools to help you build a deeper connection with your child and thrive as a family.

**\*\*ALL WORKSHOPS INCLUDE 2 FULL-DAY SESSIONS (9 AM – 3 PM EACH DAY)\*\***

### Workshop Details:

#### **EMPOWER PARENTS: YOUNG ADULTS (17+)**

Friday, Jan 30th, 2026 + Friday, Feb 6th, 2026

Registration Deadline: Friday, Jan 16th, 2026

[REGISTER](#)

#### **EMPOWER PARENTS: TWEENS/TEENS (11-16)**

Friday, Apr 10th, 2026 + Friday, Apr 24th, 2026

Registration Deadline: Friday, Mar 27th, 2026

[REGISTER](#)

#### **EMPOWER PARENTS: CHILDREN (6-10)**

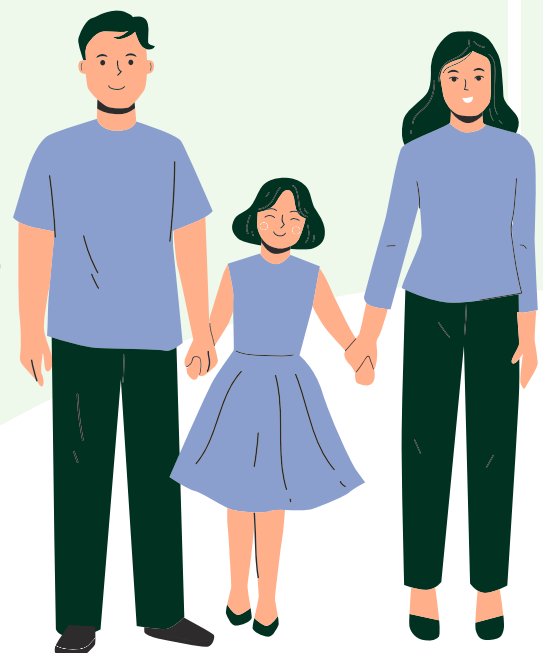
Friday, May 8th, 2026 + Friday, May 22nd, 2026

Registration Deadline: Friday, Apr 24th, 2026

[REGISTER](#)

**Family Discount:** A second parent or caregiver from the same family receives a discount!

\*Eligible for extended insurance under Psychology.



**All workshops will be virtual, hosted on Zoom.  
Participants from anywhere in Ontario are welcome to participate.**

**\$1000 in total (\$500/session; \$250 deposit at registration)**

## **In This Workshop, You'll:**

- ✓ **Understand Your Child's Needs:** Gain clarity on how the autistic brain shapes emotional and social development, helping you support your child's growth at this critical age
- ✓ **Strengthen Your Connection:** Discover emotion-focused strategies that help improve your relationship and support your child's emotional wellbeing.
- ✓ **Combat Parenting Stress:** Connect with other parents who truly understand, and receive the support you need to reduce stress and avoid burnout.
- ✓ **Build Confidence as a Parent:** Learn how to identify your parenting strengths and establish a plan that inspires hopefulness.

## **Meet Your Facilitators:**



**Dr. Julia Ryan**



**Joanne Doucette**



**Dr. Kelly Weegar**

## What Parents Are Saying:

*"This was an incredible group experience. Integrating both EFFT and the autistic brain was really helpful. The balance of theory and discussion was perfect. I really appreciated meeting other parents on a similar journey and it felt especially beneficial to meet in person."*

*"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, and learning about the autistic brain gave me tools to better understand and support my child."*

## Why Wait? Register Now!

Let's work together to build a stronger connection with your child and make this journey a little easier. We can't wait to see you there!

Warmly,  
Julia, Joanne and Kelly

