

# Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH

APRIL, 2025



## Our first newsletter!

You're invite to connect with us while we continue to grow and support the neurodivergent community in Ottawa and beyond. We built this newsletter with YOU in mind, because you, your child, or family member have reached out to us for support, and I would like to THANK YOU for being part of our shared values and vision.

In the newsletter, you will find special messages and thoughts from our clinical director, Dr. Julia Ryan, as well as hand-picked resources on topics specifically for neurodivergent families. Additionally, we will share up to date information about our services and waitlists, and first looks at our planned programs.

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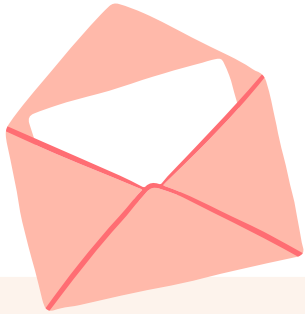
#### SERVICE UPDATES

#### AVAILABLE THERAPISTS

#### AVAILABLE GROUPS

#### FEEDBACK AND NEEDS SURVEY

#### RESOURCES FOR AUTISM ACCEPTANCE MONTH!



## A message from Dr. Ryan:

A little over three years ago, I opened my own practice to be able to better meet my own needs in the workplace. In part, this included having more say in the work I do and in who I work with and why. It is critical to me to work in alignment with my values.

Over these years, I've had the privilege of connecting with so many incredible individuals and families, all wondering how they can better understand and support themselves or their loved ones. With every request we receive, the mission of promoting the wellbeing of neurodivergent individuals becomes a reality.

What I've come to see is that by building a practice centered around my own needs and my passion for neurodivergent-affirming care, I've surrounded myself with others who share similar values and goals – a neuro-inclusive community that seeks to understand and destigmatize brain differences.

The beauty of neurodivergent care is that these approaches work for everybody – not just neurodivergent individuals. Neurodivergent-affirming care is about working together to include everyone, to welcome and celebrate different ways of thinking and being. Neurodivergent-affirming care is client-driven, collaborative, flexible, and respectful.

We know our community espouses these values, reaching for more for themselves and their families every day.

We are dedicated to supporting you with the skills and understanding needed to thrive – doing the hard work to generate personal growth and wellbeing, striving for authenticity and resisting the “shoulds” of the world.

With a growing, vibrant community comes an increased demand for services, a demand that signals how important this work is. A demand that often exceeds our capacities.

I am committed to offering more to our community by thinking outside the box to find new ways to serve you in ways that are sustainable for us - a neurodiverse crew ourselves – and that provide meaningful change for our clients.

Through this newsletter, I hope to continue connecting with you by providing meaningful resources and learning. In this particular newsletter, I am looking to you for feedback to help us build the next phase of our practice; a phase focused on better meeting the needs of our community.

Thank you for being a part of this community, in whatever way our paths have connected. I appreciate the trust you have placed in me and my team.

*Dr. Julia Ryan*



# SERVICE UPDATES

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



## Therapy

**Open** for certain ages -  
see therapist spotlights



## Jayson Yung, Psychotherapist (Qualifying)

Jayson's commitment to neurodiverse-affirming care is a natural reflection of his values in the practice of psychotherapy. Jayson takes a client-centered approach that supports clients' unique life experiences and varying ways of thinking, feeling, and interacting in the world. He aims to help clients identify the different parts of themselves, creating a neurodiverse-affirming space that challenges the notion that there is a specific way to be or path to take. Whether you are working through concerns around anxiety, depression, stress, interpersonal or work challenges, Jayson is here to support you!

AGES 18+  
IN PERSON OR VIRTUAL





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## Ade Adeoluwa, Therapist

Ade has a Masters in Psychology and is working towards registration with the College of Psychologists of Ontario under the supervision of Dr. Julia Ryan. He offers youth a laid-back therapy setting that seeks to normalize the experience of talking about emotions, personal issues and areas of need. Ade helps clients explore their mental wellbeing and mental health needs by meeting them where they are at, grounding his approach in solutions-focused and CBT-based psychotherapy to promote motivation and personal development.

AGES 12-20  
VIRTUAL



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see therapist spotlights



## Adam Davidson, RN Psychotherapist

In his work as a registered nurse psychotherapist in hospital and community settings, Adam has learned of the importance of building trusting relationships with clients as a key source of therapeutic change. Adam enjoys helping clients identify their strengths and areas for development to work towards their goals, using stories, analogies, and imagery to communicate therapeutic concepts in different ways. Working under the supervision of Dr. Julia Ryan, Adam continues his learning in the practice of psychotherapy, integrating tools from evidence-based modalities to support clients with practical skills for emotion regulation and stress management. Adam particularly enjoys working with transitional age youth & young adults, such as those working through post-secondary employment, life skill, or education goals.

AGES 18+  
IN PERSON OR VIRTUAL



## Groups

*Through our groups, we aim to provide opportunities for our community members to "find their tribe" and build self-confidence through skill-building and peer support, using interactive and experience learning with skilled facilitators to draw on evidence-based approaches in a way that is meaningful to the differently wired brain.*

### Spring Boys Social Club

This group for ages 11-14 (or grades 7-9) supports boys with social connections through interactive games. This group is ongoing and **we will accept new registrants on a rolling basis.**

Please contact our administrative assistant, Stephanie at [admin@drjuliaryan.ca](mailto:admin@drjuliaryan.ca) for information.

#### SPRING SESSION SPOTS LEFT:

This group includes activities and social games based on the interests of the group. Youth will practice skills, build social confidence and navigate friendship opportunities. Developed for neurodivergent youth or youth who would benefit from a positive social experience.

- ✓ **Communication Skills:** Conversations, nonverbal cues, trading information, using humor, social media
- ✓ **Peer Interactions:** Different types of relationships, sportsmanship, managing bullying and stereotypes
- ✓ **Social Problem Solving:** Compromising, handling conflicts, perspective taking, group work
- ✓ **Resiliency:** Setting and working towards goals



#### INFORMATION:

**WHO** Ages 11-14/ grades 7-9

**WHEN** Sessions: Saturdays, 1pm-2pm  
March 22 & 29, April 5, 12, & 26, May 3, 10, 24, & 31, June 7

**WHERE** In Person: 111 Sherwood Drive, Ottawa K1Y5V1

**COST** \$75/session for a total of \$750 for 10 sessions by e-transfer or credit card. may be covered by extended health insurance. no refunds for missed sessions.

## Parents of Recently/Late-diagnosed Youth

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 19th 2025  
• October 3rd and 4th 2025  
Time: 9 AM - 12 PM each day  
Registration deadline: Sept 5, 2025

FACILITATORS: DR. KELLY WEEGAR & JOANNE DOUCETTE

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

Workshop includes: 4 sessions:  
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

This support group and skill-based workshop helps parents of autistic teens build confidence in supporting their child's emotional needs.

We have **one spot left in the spring** session for parents of youth ages 14-19. Registration for fall dates for parents of youth ages 11-14 **is now open.**

Please contact [julia@drjuliaryan.ca](mailto:julia@drjuliaryan.ca) directly for information.

To register for current groups or be contacted for future groups:

Sign Up

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## Comprehensive Assessment

Currently **closed** for new requests  
We will re-open to new requests for our waitlist on May 5th

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

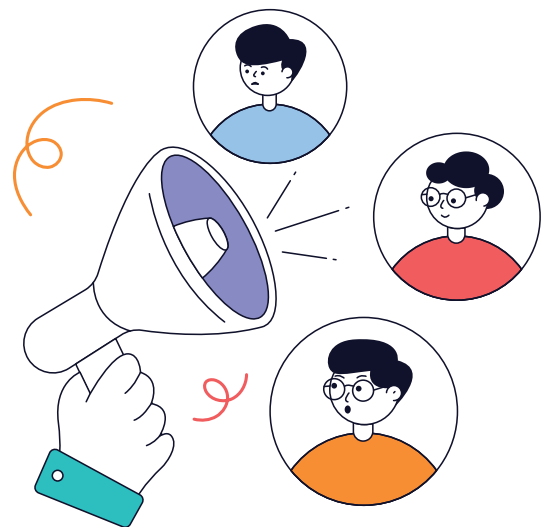
**We know this service is in high demand. Please check out our trusted colleagues at:**

### FOR CHILDREN/ADOLESCENTS:

- Dr. Lyndsay Evraire
- Dr. Martine Roberge
- Connections Psychology
- Centre Dimensions
- Jeremy Doucette

### FOR ADULTS:

- Grounded Psychology
- Mary Ann Coulter
- Center for Interpersonal Relations





## Exciting Announcement!



We are launching a summer day program specifically for late-diagnosed autistic teens struggling with school attendance, mental health and social engagement.

We know these teens learn and express themselves uniquely; we meet each person where they are at, building on their interests and strengths to give each youth the opportunity to grow.

Through a mixture of social-emotional curriculum, executive functioning coaching and experiential learning, attendees will get the opportunity to build confidence, habits, and positive momentum for the next school year, with the chance to earn academic credits along the way.

For more information about this opportunity, please contact Christina Quaile for an introduction call at [christina@drjuliaryan.ca](mailto:christina@drjuliaryan.ca).



## WE WANT TO HEAR FROM YOU!

As our practice grows and we seek to better serve our community, we want to know what you need. Please take a moment to help us plan our services by clicking the icon on the right to access our survey.



# RESOURCES:

## AUTISM ACCEPTANCE MONTH

It is important to recognize that there are many continued stigmas associated with autism, resulting in stigmatization of autistic people. Autism Acceptance Month is an opportunity to celebrate autistic strengths and combat negative bias.

We LOVE Dr. Heather Brown's neuro-affirming guest speaker series that does just that!



<https://www.aidanlab.ca/neuroaffirming-speaker-series>

## AUTISM ACCEPTANCE IN YOUR FAMILY

Wondering if you should tell your child about their autism diagnosis and if so, how to do so? Many parents ask this question- you are not alone! It makes perfect sense to wonder how to best support your child's self-esteem and self-understanding when receiving a diagnosis. Here are a few of our favorite articles that help break down this topic:

1. <https://drlizangoff.com/2021/08/09/how-to-explain-autism-to-kids/comment-page-1/>
2. <https://researchautism.org/oaracle-newsletter/helping-your-child-accept-their-autism-diagnosis/>
3. <https://www.wondertreepractice.ca/post/explaining-autism-to-your-child-teen>

## NEURODIVERSITY:

We think this book is au-some for children exploring what it means to be neurodivergent:

Autistic/ADHD Psychologist:  
<https://neurodivergentinsights.com/>

