

SUPPORT GROUP FOR PARENTS OF LATE-DIAGNOSED AUTISTIC TEENAGERS

- Are you a parent of a teenager (aged 14-19) who has recently received an autism diagnosis?
- Are you struggling to understand how to best support your child with skill development, regulating their emotions and guiding them with the transition from adolescence to adulthood?
- Join us for a safe and caring group atmosphere that provides both extensive guidance and emotional support with parenting your late-diagnosed autistic teen, alongside other parents facing similar challenges.

WHAT YOU'LL GAIN:

- Detailed knowledge about the autistic brain
- Coping strategies for reducing any parental self-blame or shame
- Emotionally-focused strategies for supporting your teen's emotions (such as anger, despair, anxiety)
- How to support skill development and increase independence for your teen
- Learn how to repair in your relationship with your teen



FACILITATORS: DR. JULIA RYAN & JOANNE DOUCETTE

SESSION DATES:



- January 24th and 25th
- February 7th and 8th



Time: 9 AM - 12 PM



111 Sherwood Drive, Ottawa, ON
(Parking on site)



COST:

- \$250 per person/session
- Family discount provided if two caregivers from the same family attend, cost will be \$200 per person.

Registration deadline January 8th 2025
For more information and to register,
please contact:
julia@drjuliaryan.ca