

# Julia Ryan Psychology

EMPOWERING YOUR MENTAL HEALTH

## FALL 2025 GROUP PROGRAMS



*"True belonging doesn't require you to change who you are; it requires you to be who you are." - Brene Brown*

WHAT OUR GROUPS ARE ABOUT

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GROUPS FOR PARENTS

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GROUPS FOR YOUTH

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GROUPS FOR YOUNG ADULTS

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GROUPS FOR ADULTS

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GIVE US FEEDBACK

# WHAT OUR GROUPS ARE ABOUT:

At the heart of the human experience is the need to connect, to feel understood, and to belong. Since opening our practice, we have been privileged to work with many neurodivergent families, and a consistent, powerful theme has emerged: the sense of isolation and being “othered” that can shadow daily life. This isn't just a feeling of being alone; it's the painful gap that comes from navigating a world that seems to operate by a different set of unwritten rules, leaving both neurodivergent individuals and their loved ones feeling disconnected and excluded, directly and indirectly.

Those feelings of disconnection aren't due to personal failures- they arise due to natural misalignment among people who perceive, process, and experience the world in fundamentally different ways.

Our group services have been intentionally crafted to create spaces designed to *find your tribe*. Here, connection is built from shared experiences - whether it be shared activities and passions, group learning, or simply the comfort of being with peers who get it, we offer the chance to be seen, understood, and valued for exactly who you are. Our goal is to bridge the gap from isolation to belonging, and to help you find the strength and joy that come from true, authentic connection.

*Dr. Julia Ryan, Clinic Director*

# PARENTS

## COMMUNITY AND SUPPORT

Support-based groups provide a space for parents to connect, share experiences and insights, and offer peer support to one another, with the compassionate guidance of experienced facilitators.



**PROCESSING A DIAGNOSIS WITH LOUISE**

[CLICK HERE](#)



**NEURODIVERSE PARENTS WITH TAYLOR**

[CLICK HERE](#)



**DADS AND NEURODIVERSITY WITH ROB**

[CLICK HERE](#)



**QUEER AND TRANS PARENTS WITH POE**

[CLICK HERE](#)



**LATE-DIAGNOSIS AND TRANSITION TO ADULTHOOD WITH SARAH**

[CLICK HERE](#)

## CONNECTIONS AND SKILLS

Amongst a group of parents experiencing similar situations, skills-based groups provide an opportunity for parents to learn more about the neurodiverse brain and identify new parenting strategies for connection and growth.



**EMPOWER PARENTS: MIDDLE SCHOOL**

[CLICK HERE](#)



**EMPOWER PARENTS: HIGH SCHOOL**

[CLICK HERE](#)



**SLEEP AND ATTACHMENT**

[CLICK HERE](#)

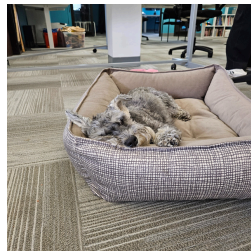
# YOUTH

## CONFIDENCE AND CONNECTIONS (AGES 13-18)

With access to games, arts, cooking, gardening, outdoor activities and fitness, our supportive, activities-based programming offers youth varied opportunities to explore connections, social skills, and life skills in an inclusive, low-pressure, strength-based atmosphere.



### SATURDAY YOUTH GROUP

[CLICK HERE](#)

## INTEREST-BASED DROP-INS (AGES 13-18)

Our drop-in style groups aim to bring together youth to connect through activity-based, shared passions.



### PLANTS, GARDENING AND NATURE

[CLICK HERE](#)

### GAMES (BOARD GAMES, CARDS, ETC)

[CLICK HERE](#)

### ARTS AND CRAFTS

[CLICK HERE](#)

# YOUNG ADULTS

## GROW AND THRIVE (AGES 16-25)

Our supportive, activities-based day program provides varied opportunities to connect and grow in an inclusive, low-pressure environment. With access to games, arts and crafts, cooking, gardening, outdoor activities and fitness, our programming offers participants the opportunity to explore and deepen interests while forging new connections. We also offer opportunities to engage in supported learning and goal-setting to explore or work on academic, volunteer, life skill, and employment activities that fit individual needs. Grounded in a predictable schedule with build-in flexibility, our program is designed to support autonomy, self-advocacy and individual growth.



**1 WEEK PROGRAM: OCTOBER 14,15, & 16**

[CLICK HERE](#)



**2 DAY PROGRAM: NOV 27 & 28**

[CLICK HERE](#)

## INTEREST-BASED DROP-INS (AGES 16-25)

Our drop-in style groups aim to bring together young adults to connect through activity-based, shared passions.



**PLANTS, GARDENING AND NATURE**

[CLICK HERE](#)



**GAMES (BOARD GAMES, CARDS, ETC)**

[CLICK HERE](#)



**ARTS AND CRAFTS**

[CLICK HERE](#)

# ADULTS

## FLOURISH AND FULFILL

Neurodivergent adults need support too. These online workshop opportunities are designed to make the information you need to navigate adulthood accessible and actionable. With a focus on common areas of need, work and relationships, adults will gain key information in a supportive, focused space.



**NEURODIVERGENCE AND EMPLOYMENT:  
FINDING EMPLOYMENT**

[CLICK HERE](#)



**NEURODIVERGENCE AND EMPLOYMENT:  
THRIVING AT WORK**

[CLICK HERE](#)



**NAVIGATING LONG-TERM RELATIONSHIPS IN  
MIXED NEUROTYPE COUPLES**

[CLICK HERE](#)

## INTEREST-BASED DROP-INS

Our drop-in style groups aim to bring together young adults to connect through activity-based, shared passions.



**PLANTS, GARDENING AND NATURE**

[CLICK HERE](#)



**GAMES (BOARD GAMES, CARDS, ETC)**

[CLICK HERE](#)



**ARTS AND CRAFTS**

[CLICK HERE](#)

# SHARE YOUR THOUGHTS

**Have you or your child already participated in one of our programs? Do you have feedback or suggestions about our offerings?**



*At the heart of what we do is creating a space where you and your loved ones feel understood and connected. To ensure we continue to meet that goal, we need your help.*

*By sharing your experience and needs in this short, confidential survey, you're not just giving feedback—you're helping shape the future of our community.*

*Your feedback also plays a vital role in helping us secure funding to continue and expand this important work to reach more families. Thank you for helping us grow together.*



# Community Building Series: Support Groups for Parents Navigating Neurodivergence

- ★ *Discover a community of like-minded parents*
- ★ *Feel connected with peer support and interaction*
- ★ *Explore realistic, peer-driven guidance and resources*

**We understand the unique joys and challenges of raising neurodivergent children and youth, and navigating related experiences like personal neurodivergent identity, parenting stress, and caregiver burnout. Our compassionate facilitators with lived experience as neurodivergent adults and/or parents to neurodivergent kids offer a range of support groups designed to empower you and foster a sense of community.**

*"We don't have to do all of it alone. We were never meant to."  
— Brené Brown, Researcher and Author*



# Louise's Group for Processing a **New Diagnosis**

## TUESDAYS/THURSDAYS 7-8PM

*Virtual across Ontario; \$50/session  
Sign up for any or all by clicking the date*



[September 18<sup>th</sup>, 2025](#)

[November 13<sup>th</sup>, 2025](#)

[September 30<sup>th</sup>, 2025](#)

[November 25<sup>th</sup>, 2025](#)

[October 16<sup>th</sup>, 2025](#)

[December 11<sup>th</sup>, 2025](#)

[October 28<sup>th</sup>, 2025](#)

[Be on a contact list](#)

Louise Gleeson is a Registered Psychotherapist who passionately believes in empowering parents navigating their child's neurodiversity. With both professional experience and the invaluable personal insight from lived experience of parenting neurodivergent children of her own, she offers a welcoming and encouraging group setting focused on mutual support and guided exploration. Louise's group is a space for parents of children/youth of any age to meaningfully process a diagnosis, share experiences, and move forward with community and support.

Louise facilitates discussions aimed at helping parents:

- Process emotions around a child's new diagnosis
- Be part of a community of peers at the same stage
- Benefit from the exchange insight and challenges
- Gain clarity, confidence and a sense of connection
- Nurture their own wellbeing as parents (you matter!)
- Explore advocacy for their child's growth and happiness.



# Taylor's Group for **Neurodivergent** Parents

## WEDNESDAYS 12-1PM

*Virtual across Ontario; \$50/session  
Sign up for any or all by clicking the date*



[September 3rd, 2025](#)

[October 29<sup>th</sup>, 2025](#)

[September 17<sup>th</sup>, 2025](#)

[November 26<sup>th</sup>, 2025](#)

[October 1st, 2025](#)

[December 10<sup>th</sup>, 2025](#)

[October 15<sup>th</sup>, 2025](#)

[Be on a contact list](#)

**Taylor Malcolm is a Certified Nurse Psychotherapist and Registered Nurse with a passion for trauma-informed and neurodiversity-affirming clinical practice that centers the voices of individuals. As a late-diagnosed AuDHD parent with two neurodivergent children, Taylor blends her personal and professional experiences to offer a support group for parents to find like-minded individuals and support one another with the daily stress of navigating the world as a neurodivergent adult and parent. Taylor's group is open to self-identified or formally-identified neurodivergent parents with kids of any age.**

**Taylor facilitates discussions aimed at helping parents:**

- **Build their community of neurodivergent parents who share similar and relatable experiences**
- **Access a safe, non-judgmental space to learn what it means to move through daily life as their authentic self**
- **Explore the dynamic differences of mixed neurotype families**
- **Share tricks, tips, and realistic strategies to manage personal wellbeing and parenting**
- **Decompress and step away from societal expectations in a group of people "who get it"**



# Rob's Group for **Fathers** MONDAYS/SATURDAYS 12-1PM

*Virtual across Ontario; \$50/session  
Sign up for any or all by clicking the date*



[September 15th, 2025](#)

[November 15<sup>th</sup>, 2025](#)

[September 29<sup>th</sup>, 2025](#)

[November 29th, 2025](#)

[October 6<sup>th</sup>, 2025](#)

[December 13<sup>th</sup>, 2025](#)

[October 20th, 2025](#)

[Be on a contact list](#)

**Robert Simms is a Registered Social Worker whose personal experience with late-diagnosis and fatherhood inform his work with clients. Having navigated the process of unlearning internalized ableism, Rob is passionate about providing a judgment-free space for fathers to unpack their parenting experience, process neurodivergence, and redefine success for themselves and their children on their own terms.**

**Rob facilitates discussions aimed at helping parents:**

- **Connect with fathers who have similar experiences**
- **Process thoughts and feelings about parenting and life**
- **Explore internalized ableism and manhood**
- **Share hardships, successes and advice**



# Poe's Group For **Queer and Trans** **Neuro-Spicy** Parents

## SUNDAYS 12-1PM

*Virtual across Ontario and BC; \$50/session  
Sign up for any or all by clicking the date*



[September 7<sup>th</sup> 2025](#)

[November 2<sup>nd</sup> 2025](#)

[September 21<sup>st</sup> 2025](#)

[November 16<sup>th</sup> 2025](#)

[October 5<sup>th</sup>, 2025](#)

[December 7<sup>th</sup> 2025](#)

[October 19<sup>th</sup> 2025](#)

[Be on a contact list](#)

Poe (she/they) is a Registered Social Worker who is passionate about supporting neurodivergent folks, queer and trans people, and racialized people to thrive in their purpose. Poe's work is informed by their values of equity, empathy and integrity, and is inspired by the principles of Disability Justice. Poe's special interest is grief, intergenerational trauma, and non-carceral mental health initiatives. Poe is a neurodivergent, queer solo parent invested in supporting other queer families and solo parents on our journeys. Poe facilitates discussions aimed at helping parents:

- Navigate the unique challenges in being a neurodivergent queer parent
- Be witnessed in the joys of our unique experiences
- Actively take care of ourselves
- Build and foster community connections with like-minds
- Deepen our resources and skills navigating in a neurotypical world

This group is open to ALL sexual orientation and gender identity minorities, including those questioning or exploring their identities. This group is inclusive of the diverse ways in which we make family and parent children.



# Sarah's Group For Parents of **Late-Diagnosed Transitional Age Youth** **MONDAYS 6-7PM**

*Virtual across Ontario; \$50/session*

*Different topics each day; Find out more and sign up by clicking the date*



[September 22nd 2025](#)

[November 17<sup>th</sup> 2025](#)

[October 6<sup>th</sup>, 2025](#)

[December 2<sup>nd</sup> 2025](#)

[October 20<sup>th</sup>, 2025](#)

[December 9<sup>th</sup> 2025](#)

[November 3<sup>rd</sup>, 2025](#)

[Be on a contact list](#)

Sarah, a Registered Social Worker, offers a warm peer support group for parents of late-diagnosed transitional age youth who feel they are falling through the cracks of existing support systems. This group is a space to feel connected with a community of parents, designed for caregivers whose children have long struggled with mental health and adaptive skills, but whose needs have not been properly recognized within traditional developmental services. Drawing on her knowledge of systems and resources, Sarah facilitates peer-support driven discussions about:

- Understand the developmental mismatch when a child's intellectual ability doesn't align with their real-world skills.
- Manage caregiver burnout and develop sustainable personal rhythms to honor their own needs.
- Navigate complex support systems and find practical, creative resources, particularly for those who don't qualify for DSO.
- Reimagine the future and plan for adulthood when the path isn't linear.
- Set healthy boundaries that support their young adult's autonomy while maintaining connection.
- Redefine success by letting go of the pressure of "normal" milestones.
- Process the grief and emotions tied to an unexpected parenting journey.



# 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 5<sup>th</sup> 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 7<sup>th</sup>, 2025

**FACILITATORS:** DR. KELLY WEEGAR  
& JOANNE DOUCETTE



**FACILITATORS:** DR. JULIA RYAN &  
JOANNE DOUCETTE



**REGISTER NOW**

**REGISTER NOW**

For questions, please contact [julia@drjuliaryan.ca](mailto:julia@drjuliaryan.ca)

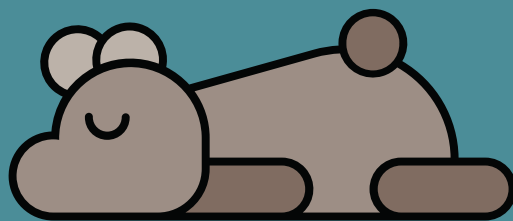
## A Neurodiverse-Affirming Sleep Workshop for Parents

*Are you feeling exhausted by bedtime struggles and wondering if there's a different way to approach sleep with your child? Sleep problems are reported in a large majority of neurodivergent children, yet many parents report that common bedtime practices just don't work for their kids!*

This neuro-affirming sleep workshop for parents is an encouraging space for parents of children ages 4-7 who want to move beyond one-size-fits-all sleep approaches.

We will explore sleep as a developmental process that requires connection, trust, and an understanding of how your child's brain is wired to support independence.

With a focus on attachment-based practices, we will provide skill-based guidance to help you develop a personalized and flexible plan for sleep. Our goal is to empower you with the tools, strategies, and confidence to create a sustainable and peaceful bedtime routine that honors your child's unique needs and strengthens your bond, so both you and your child get the rest you need!



A Neurodiverse-Affirming  
Sleep Workshop for Parents



**Facilitator: Erin Shaheen**

**Two-part virtual workshop**

**Thursday Sept 18 & 25 from 12-1pm**

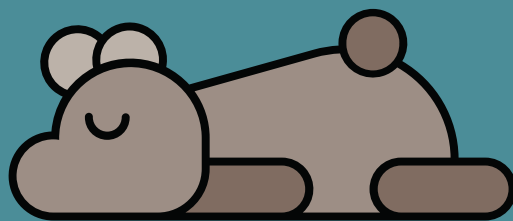
**Registration Deadline: September 11th, 2025**

**\$100 (tax included), nonrefundable after deadline**

**REGISTER NOW**

## What you'll gain:

- ✨ Learn about common sleep differences in neurodivergent children and how their brains can impact rest
- ✨ Discover practices that build safety and connection, helping to soothe bedtime anxiety for both you and your child
- ✨ Explore how sensory needs and daily routines impact sleep and learn practical strategies to create a calm and predictable transition to bedtime
- ✨ Feel empowered to let go of conventional sleep training pressures and develop a responsive, supportive approach that aligns with your family's values



# Youth Groups for Autistic Teens

We are thrilled to announce that our inclusive, supportive, activity and interest based programming will continue this fall on Saturdays. This program aims to promote confidence and connections, develop life and social skills, and explore unique interests in a safe, inclusive environment. We aim to meet each person where they are, celebrating their individuality and helping them grow in meaningful and empowering ways.



**Flexible, choice-based**



**Strength and interest focused**



**Neurodiversity-affirming**





## WHAT WE OFFER

- **Activities to promote connection, joy, and life skills**
- **Opportunities to explore interests and passions**
- **Low pressure supportive environment**

**We offer a variety of individual and group activities, including arts, games, cooking, gardening, and outdoor activities.**

**We use a predictable daily schedule with built-in flexibility to meet the needs of the individuals in the group, planning activities with their strengths, interests, and needs in mind.**

**We support self-advocacy and respect individual choices, offering support to enjoy the varied activities we offer. There can be opportunities for support with homework, academic goals or volunteer/employment opportunities depending on the needs of the group.**

**Book your intro call to voice your needs and see if these groups are right for your youth!**



## DETAILS

➤ **Two groups: 9am-12pm and 1pm-4pm**

➤ **Fall 2025 Dates (all included):**

**Sept 13, 20, 27**

**Oct 4, 18, 25**

**Nov 1, 15, 22**

**Dec 6 and 13**

➤ **Facilitators: Marcy Sinclair, Angelica Cusson, Alexia Blick**

➤ **Cost: \$150/day**

***\$1800 for the program***

***\$600 deposit required at registration***

➤ **Location: 1550 Laperriere, Ottawa (Revel School)**



## REGISTRATION

➤ **Introduction Call: Free**

➤ **On-site Intake: Free (required for all new clients)**

**BOOK NOW**



***One of our facilitators will reach out to schedule a call.***

# Grow and Thrive: Day Program for Autistic Young Adults

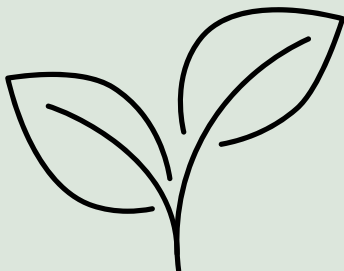
We are thrilled to continue our day program opportunities this fall, focused specifically for autistic young adults. This program aims to promote confidence and connections, develop important life skills, and explore unique interests in a safe, inclusive environment. We aim to meet each person where they are, celebrating their individuality and helping them grow in meaningful and empowering ways.



**Flexible, choice-based**



**Strength and interest focused**



**Neurodiversity-affirming**

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## WHAT WE OFFER

- **Activities to promote connection and life skills**
- **Opportunities to explore interests and passions**
- **Low pressure supportive environment**

**Through a predictable schedule with built-in flexibility, we offer a variety of individual and group activities, including arts, games, cooking, gardening, outdoor activities and community excursions, and built-in opportunities for support with skill-building, confidence, work readiness, volunteer endeavors, and educational opportunities. Participants have the chance to make choices based on what feels right for them, with staff support every step of the way.**





## DETAILS

**Session 1: October 14th-17<sup>th</sup> (Tuesday to Friday)**

**9:30am-3pm; \$1000 for the week**

**Session 2: November 27<sup>th</sup> & 28<sup>th</sup> (Thursday and Friday)**

**9:30am-3:00pm; \$500**

**Location: 1550 Laperriere, Ottawa (Revel School)**



## REGISTRATION

- **Introduction Call: Free**
- **Initial Intake: Free (mandatory for all new clients)**

**BOOK NOW**



***One of our facilitators will reach out to schedule a call.***



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## More About Our Group Programs for Autistic Teens and Young Adults

Our supportive group programs for autistic and neurodivergent individuals are designed to foster connection, confidence, and social-emotional health. In a safe and inclusive environment, we facilitate the exploration of personal strengths, interests, needs, and goals to generate meaningful growth. With a variety of individual and group activity options, including arts, games, cooking, gardening, outdoor and community excursions, and the ability to provide individual support for academics or work readiness, we offer participants the opportunity to explore new skills and build confidence towards their goals. Our neurodiversity-affirming environment offers a flexible, choice-based approach to nurture comfort, autonomy, and self-advocacy. This program is ideal for anyone looking to make meaningful connections and boost their life skills in a low-pressure, supportive space.



# Neurodivergent Meet-Up

*Activities-based opportunity to meet and connect with neurodivergent peers*

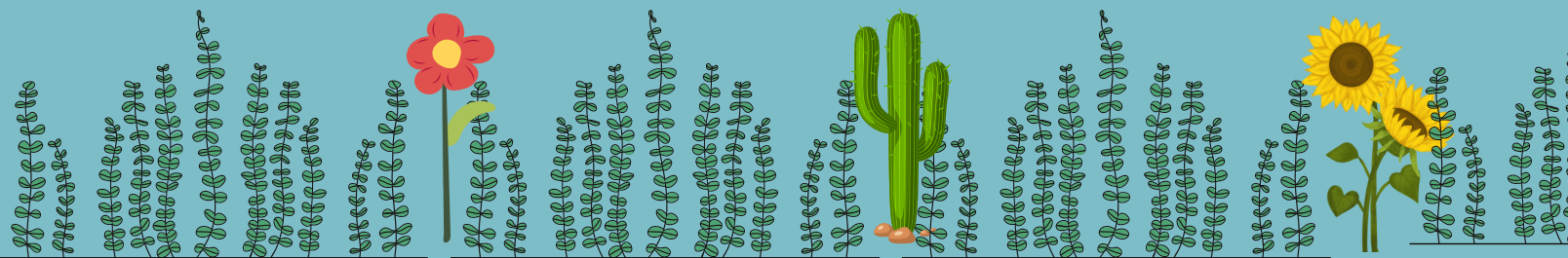
## PLANTS, GARDENING AND NATURE



**Facilitator: Dr. Julia Ryan, AuDHDer**

*I love cacti, nature and learning new things about plants and gardening. I would love for you to get to know you while we walking the neighborhood!*

- > Variety of board games to pick from or bring your own
- > Play in small groups, pairs or with people you know
- > Get to know others in a low-pressure environment



**Cost: \$25**

**Location: 111 Sherwood Drive**

**Registration Deadline: 1 day before**  
**Support people welcome at no extra cost**

**Meet outside the deli when you arrive**

## ADULTS

[➤ REGISTER NOW](#)

**Date: Tuesday September 16<sup>th</sup> 4:30pm-5:30pm**

## YOUNG ADULTS

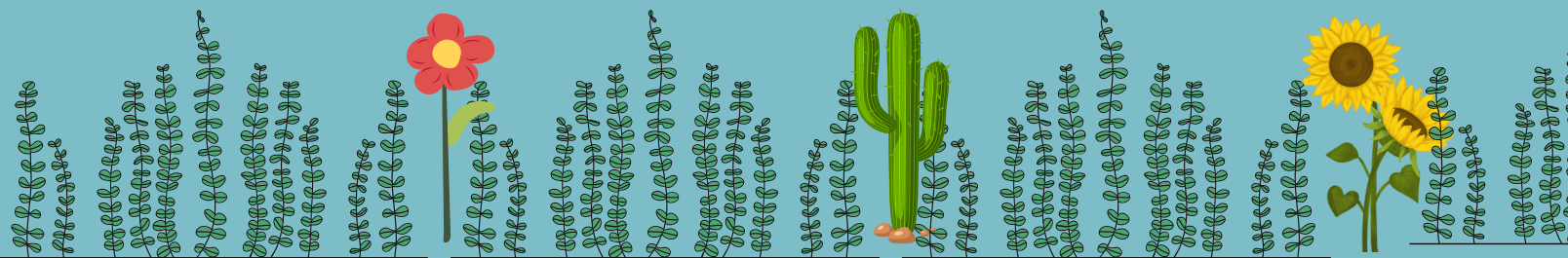
[➤ REGISTER NOW](#)

**Date: Tuesday September 30<sup>th</sup> 4:30pm-5:30pm**

## YOUTH

[➤ REGISTER NOW](#)

**Date: Tuesday October 14<sup>th</sup> 4:30pm-5:30pm**



# Neurodivergent Meet-Up

***Activities-based opportunity to meet and connect with neurodivergent peers***

## GAMES



**Facilitator: Dr. Julia Ryan, AuDHDer**

***I am competitive by nature and enjoy trying to win board games. Reading instructions is hard for me so I like to play with people who can teach me new games.***

- > Variety of board games, cards and other games to pick from or bring your own**
- > Play in small groups, pairs or with a support person**
- > Get to know others in a low-pressure environment**



**Cost: \$25**

**Location: 111 Sherwood Drive**

**Registration Deadline: 1 day before**

**Support people welcome at no extra cost**

**Enter through the door between the deli and the hairdresser  
and come upstairs when you arrive**

## **ADULTS**

 **REGISTER NOW**

**Date: Tuesday October 28<sup>th</sup> 4:30pm-5:30pm**

## **YOUNG ADULTS**

 **REGISTER NOW**

**Date: Tuesday November 11<sup>th</sup> 4:30pm-5:30pm**

## **YOUTH**

 **REGISTER NOW**

**Date: Tuesday November 25<sup>th</sup> 4:30pm-5:30pm**



# Neurodivergent Meet-Up

***Activities-based opportunity to meet and connect with neurodivergent peers***

## ARTS AND CRAFTS



**Facilitator: Dr. Julia Ryan, AuDHDer**

***I enjoy simple crafts and learning new skills. I would love to meet people who can show me or teach me new crafts. I enjoy looking at the amazing drawings or paintings others make.***

- > Variety of arts and crafts activities to pick from or bring your own**
- > Create together in silence or sharing conversation**
- > Get to know others in a low-pressure environment**



**Cost: \$25**

**Location: 111 Sherwood Drive**

**Registration Deadline: 1 day before**

**Support people welcome at no extra cost**

**Enter through the door between the deli and the hairdresser  
and come upstairs when you arrive**

## **YOUNG ADULTS & ADULTS**



**REGISTER NOW**

**Date: Tuesday December 9<sup>th</sup> 4:30pm-5:30pm**

## **YOUTH**



**REGISTER NOW**

**Date: Tuesday December 16<sup>th</sup> 4:30pm-5:30pm**



# NEURODIVERGENCE AND EMPLOYMENT

## EMPOWERING YOU

Led by Megan Pilatzke, our employment workshops provide the tools, resources, and guidance you need to confidently navigate your career path as a neurodivergent adult.

## WITH PRACTICAL TOOLS

Whether you are embarking on your job search or aiming to thrive in your current role, our workshops support you at every stage. We focus on everything from job searching and interview skills to the practical strategies of self-disclosure and securing accommodations.

## AND INCLUSIVE SUPPORT

Drawing from her professional background as an inclusion specialist and her personal experience as a neurodivergent adult, Megan offers a supportive and inclusion-focused workshop that helps you find and sustain employment that meets your needs.

*“The world needs all kinds of minds... I am different, not less.”  
- Temple Grandin*

# FINDING EMPLOYMENT

Feeling overwhelmed by the job search process? This 2-part workshop is designed to empower you with the tools, strategies, and confidence to find meaningful employment that aligns with your strengths and interests. We will break down the process into manageable steps and focus on how to present your authentic self effectively.

In this workshop, you will learn to:

- *Target* neuro-inclusive employers and manage your job search effectively.
- *Build* a standout CV and cover letter that showcase your unique strengths.
- *Master* interview skills and navigate the decision of when and how to disclose.
- *Connect* your personal interests to a fulfilling career path.

\$150

## SESSION 1

Tuesdays, September 9th & 16th, 2025, from  
4:00 PM - 5:30 PM

*Registration Deadline: September 2<sup>nd</sup>, 2025*

REGISTER

\$150

## SESSION 2

Tuesdays, October 7th & 14th, 2025, from  
4:00 PM - 5:30 PM

*Registration Deadline: September 30<sup>th</sup>, 2025*

REGISTER

# THRIVING AT WORK

Does your job take up all your energy and resources? This 2-part workshop is designed to empower you with the tools, strategies, and confidence to create a sustainable and rewarding career as a neurodivergent professional. We will explore practical strategies for navigating workplace dynamics and advocating for an environment where you can succeed authentically.

In this workshop, you will learn to:

- *Identify* personal adjustments to your workflow and environment to boost productivity.
- *Advocate* for formal workplace accommodations effectively and confidently.
- *Leverage* your unique strengths to excel in your role and increase job satisfaction.
- *Communicate* your professional needs and boundaries.

## SESSION 1

\$150

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

*Registration Deadline: September 18<sup>th</sup> 2025*

REGISTER

## SESSION 2

\$150

Tuesdays, October 21st and 28th 2025,  
from 6 PM - 7:30 PM

*Registration Deadline: October 14<sup>th</sup> 2025*

REGISTER

# ABOUT MEGAN



**Megan Pilatzke (she/her), B.A. Psych  
Inclusion Specialist, Specialisterne Canada**

Megan is a proud autistic woman and member of the 2SLGBTQIA+ community. After discovering her autism at 31 years old, she has dedicated her career to advocacy and bettering the lives of other neurodivergent people. Currently, she works as an Inclusion Specialist with Specialisterne Canada, a not-for-profit dedicated to helping businesses become more neuro-inclusive. Megan is a thought leader and public speaker who is dedicated to promoting acceptance, inclusion, and accessibility for autistic and neurodivergent individuals, particularly in employment and in healthcare. She does this through openly sharing her lived experience and professional insights. Some of her previous public speaking collaborations include Autism Canada, CAMH, Flourish Health Services, CBC, Globe and Mail, and The Senate of Canada. Megan is also an academic author whose focus area is in autistic employment.

## MIXED NEUROTYPE RELATIONSHIPS

Do you often feel like you experience the world differently from the people you care about? Do you find yourself navigating frequent miscommunications, or struggling to bridge gaps in social energy and sensory needs? If you're looking to better understand these dynamics and normalize your own experience, you're in the right place.

This workshop provides a supportive, non-judgmental space for you to explore the complexities of your mixed-neurotype relationships. We will focus on building awareness and understanding of mixed-neurotype dynamics, and provide you with practical strategies to foster healthier, more fulfilling connections based on empathy, curiosity, and mutual respect.

You will leave with a deeper understanding of yourself and others, and a clear path toward maintaining stronger relationships.



## CONNECTIONS MATTER

A workshop dedicated to helping you understand, navigate, and strengthen your relationships with partners, friends, and family who may have a different neurotype.



*Louise Gleeson is a Registered Psychotherapist who passionately believes in empowering neurodivergent individuals, couples and families. With both professional experience and the invaluable personal insight from lived experience, she offers a welcoming and encouraging group setting.*

## THIS WORKSHOP WILL EXPLORE:

- Differences in communication styles, social needs, and sensory processing that can impact interactions, relationships, closeness and intimacy
- Common mixed neurotype dynamics and causes of misunderstandings
- Practices that leverage individual strengths and promote mutual support for areas of need.
- Components of healthy relationships and strategies to bridge gaps and self-advocate

Email  
[julia@drjuliaryan.ca](mailto:julia@drjuliaryan.ca)  
to register

**DATES AND TIMES  
TBD**

**Cost: \$150**