

# *Nurturing Neurodiversity*

## *Group Therapy for Parents, Caregivers, and Loved Ones*

**Join our supportive therapy group for parents, caregivers, and loved ones of neurodiverse individuals. We focus on enhancing well-being through mindfulness, acceptance, and value-based practices. We strive to provide a supportive learning environment in a relaxed and conversational setting. Led by experienced professionals with lived experience, this group offers a warm space to navigate challenges and celebrate strengths. Connect, share, and grow with us in this therapeutic journey.**



### Group Details:

- Mondays 6:30 to 8:30 pm, January 20 to March 10, 2025
- In-Person (Ottawa East)
- 8 sessions, with possibility of ongoing support
- 7-8 participants maximum
- Cost: \$80 per session, \$120 for couples (fees may be covered fully or in part by private insurance, or through publicly funded programs)
- Complimentary phone consultation will be conducted prior to acceptance to group

Facilitators will be an occupational therapist and a psychotherapist

[WWW.ERINPECKNOLDTHERAPY.COM](http://WWW.ERINPECKNOLDTHERAPY.COM)

**FOR MORE INFORMATION  
OR TO REGISTER**

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