

Caregiver Support Group

April 1-May 6

North Vancouver

Join our in-person support group for caregivers of neurodivergent children and youth in North Van. Group facilitator Kathryn, an experienced therapist and parent of ND kids, offers insight and practical strategies in a friendly, casual atmosphere hosted by So Social Vancouver (#225, 1000 Roosevelt Cres, North Vancouver).

Our 6-week plan starts with guided discussion to identify what makes life meaningful to your family and provides a stable ground from which to set goals and evaluate strategies. Then we slowly expand our focus to support caregivers in navigating home, school, our local communities, and beyond. Start to notice thinking patterns that keep us stuck—like the endless cycle of “should I or shouldn’t I?” when it comes to screen time. Explore how avoidance creates parenting hurdles and experiment with embracing the messy present.

Kathryn, an experienced therapist and parent of ND kids, weaves exercises and education into each session so that caregivers have clear “take home” points to try out each week. Beyond Week 1, discussion topics are chosen collaboratively with group members. A list of popular topics is included below!

Week 1: What’s “worth it?” A framework for tough decisions

Sample topics for Weeks 2-6:

2. Neuro-affirming parenting: I celebrate you for who you are, but can you please take a bath?
3. PDA, RSD, ND, SPD: What are all these acronyms, and do they make a difference?
4. Backing off or giving in: What is low-demand parenting, and is it for me?
5. Masking or adapting: When “just be yourself” meets the Real World
6. Isolation and ND families: How to find and build inclusive communities

Length: 6 weekly sessions of 50 minutes each

Dates: Tuesdays April 1-May 6 6-7 pm

Cost: \$135/session

Payment: Autism Funding, extended health for RCC, credit card, etransfer

Interested? Write Kathryn at kathryn.theroux@gmail.com or register through the clinic at info@so-social.ca.