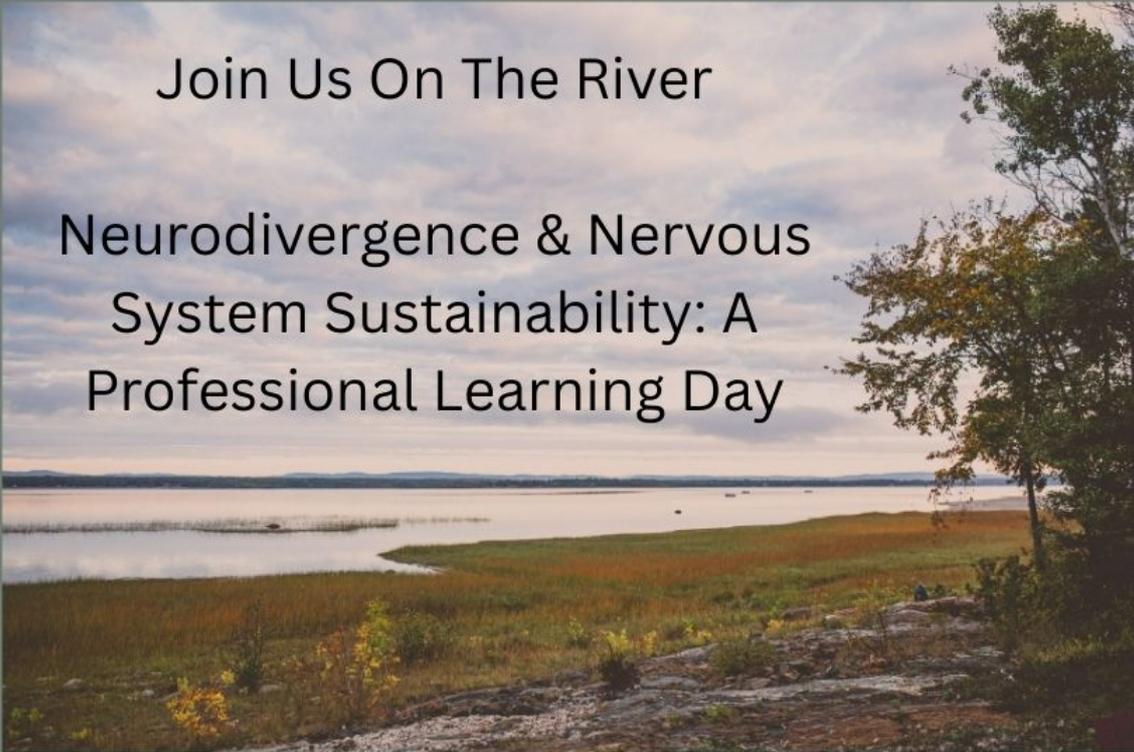


Join Us On The River

Neurodivergence & Nervous  
System Sustainability: A  
Professional Learning Day



April 15, 2026

10am - 4pm

Full Day (Both Workshops + Lunch): \$195

Single Workshop: \$85

Optional Lunch (if attending one workshop): \$25

Email Julie; [wildgroundedretreats@gmail.com](mailto:wildgroundedretreats@gmail.com) to register





Julie Edwards MSW, RSW & Hostess

April 15: 1:00 - 3:00 - Burnout Prevention Through Nervous System Awareness For Therapists

Julie is a master's level social worker who has now 25 + years serving others. She was born and raised in Renfrew County and is providing therapy and counselling services in her own private practice located on the Ottawa River near Westmeath. Julie has worked several years providing therapy to adults, youth, families and groups, treating them for a wide variety of presenting problems. She has developed strengths in treating adult women who are facing trauma and burnout. Julie uses change driven models such as cognitive behavioural therapy & EMDR. Most recently Julie's practice has shifted to emphasize nature based therapy, walk and talk therapy with women and fellow helping professionals. She is also the host for this event and proud owner of Wild Grounded Retreats. She is thankful for her lived experiences of mental health related difficulties & severe burnout which fuelled the learning and passion that helped her to create Wild Grounded and Wild Grounded Retreats.

Join fellow therapists as we discuss burnout prevention in our careers as therapists. This offering is a clinically grounded exploration of nervous system sustainability for therapists - rooted in lived experience, polyvagal theory, and practical tools that can be integrated now. We will explore how chronic sympathetic activation and dorsal collapse shows up in therapists - including compassion fatigue, over-responsibility, empathic strain and identify fusion with our work

You will have the opportunity to:

1. Understand your own personal nervous system patterns
2. Recognize early burnout cues
3. Learn micro-regulation tools that you can use between sessions
4. Identify what support actually helps you
5. Connect with fellow therapists



**Erin Curtis B.A. CYC, CAPT**

**April 15, 10:30 - 12:00 - Understanding & Supporting Neurodivergent Individuals**

Designed to provide professionals who encounter neurodivergent children and youth with meaningful and evidence-based education and hands-on learning. Erin will lead participants in better understanding the neurodivergent perspective thus building a foundation of the compassionate practice while compiling strategies to support these individuals using function-based strategies focused on skill-build, connection, and co-learning. Participants will have a chance to look at ways their organization/professional practice can support these individuals and receive real-time feedback.

Erin Curtis founded Dragonfly Family and Learning Services Inc. in 2019 in response to the gap in available services for neurodivergent children and youth in Renfrew County. Dragonfly Family and Learning Services Inc. is the first locally owned and operated provider of home-based behavioural services for autistic children in Renfrew County.

Erin created a unique service-model by providing services in clients homes and focusing on empowering and educating parents/caregivers at each step. This includes parents meeting weekly with a Certified ABA Parent Trainer to learn relevant skills and strategies to help them to apply skills learned to help their entire family thrive. This model, was designed to both provide excellent service while also recognizing and addressing some of the barriers to service that exist for these families, including travelling to access services.

Erin brings her experience and expertise in leading the Team at Dragonfly, a neurodiverse group of professionals, providing superior service to neurodivergent children and their families. Additionally, Erin brings insight as a neurodivergent business owner with over a decade of experience working with neurodivergent children and youth.