

- ✓ Evidence-based support since 2014
- ✓ BC Autism Funding (AFU) accepted
- ✓ No formal diagnosis required

Neuroaffirming Programs Now in Victoria

Small-group programs for children and teens with ADHD, autism, and learning differences. Complimentary consultations to find the right fit.

In-Person Programs Available in Victoria This Fall

Expanded In-Person Programming Coming to Victoria in 2027, Including EF Skills Lab - AI Edition



Suggested Ages 12-18

An evidence-based program that helps teens build friendships, strengthen communication skills, and develop confidence navigating real-world social situations.

Our approach: a toolbox, not a rulebook. Choice, autonomy, and authentic connection.



Suggested Ages 8-12

An engaging, spy-themed program supporting emotional regulation, flexible thinking, social problem-solving, teamwork, and friendship skills through guided practice.



Suggested Ages 8-12

A focused four-week small-group program helping children recognize emotions, build practical coping tools, and manage anxiety, frustration, and everyday overwhelm.

Also Available Online Across BC

Additional online group programs and individualized support are available to families across Vancouver Island and BC.

Fall 2026 online groups: EF Skills Lab - AI Edition | PEERS® for Preschoolers | PEERS® for Young Adults

Individualized Online Support

- Executive Function Coaching (ages 10+)
- Career Coaching - Birkman "Wired for Work" (ages 17+)
- Executive Function Mastery Package (ages 10+)

Brain-Based Learning Programs

- Cogmed® - working memory and attention training
- Fast ForWord® - language and auditory processing
- The Listening Program® - auditory processing and regulation
- ClearFluency™ - reading fluency support

Referral and collaboration partnerships are always welcome.

Connect with us to discuss program fit, referrals, or collaboration.

EXPLORE
PROGRAMS



Uptown Centre

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Suggested ages are a guide. Contact us to discuss fit through a complimentary consultation.