FALL NEWSLETTER

NOVEMBER 2026

What's New at Emery

Team Retreat

We had lots of laughs, connections and learning at our annual team retreat in the Laurentians. We lucked out with a beautiful day. We played games and took time to reflect about our work and where we want to grow.

CADDRA Conference

Dr. Katie, Dr. Ann, Dr. Sandra, Julia and Yuchen attended the Canadian ADHD Resource Alliance's annual conference in Ottawa. What a great opportunity for professional development, learning from experts in the field!

Building Brave Brains Workshop

Dr. Ann & Dr. Katie had the pleasure of presenting their workshop on helping our students navigate anxiety, learn from mistakes and grow through challenge. We collaborated with school staff to then build a workshop designed specifically for parents.

Team Retreat



CADDRA Conference



Selwyn House & ECS Staff & Parent Workshops





LYNDSEY BRYSON

Lyndsey is a relationship led behavioural specialist with over 15 years of experience. She loves ice cream no matter the season and working on Sashiko projects (a versatile mending and embroidering sewing method from Japan).

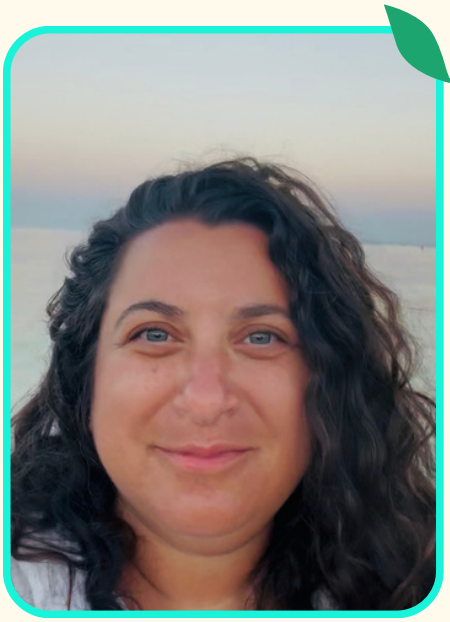
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VIDA JAFARI

Vida is a licensed guidance counsellor and certified Canadian counsellor who loves the fall season. You'll find her out walking with a warm latte feeding the squirrels. She likes to unwind and ground herself with a puzzle and by baking banana muffins.

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TAMARA SCHWAGER

Tamara is a school counsellor and family therapist with over 20 years experience. Tamara loves the water so much that she is practically a mermaid. Her family cottage is where her heart lives, and on a day off you can find her in her wild garden with a coffee in hand.

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INTROCDUCING OUR FANTASTIC THERAPISTS AND WELCOME BACK VIDA!

Lyndsey and Tamara have been a such an amazing addition to our team and support for our families who often give us the feedback that they would like follow up services after an assessment. We are so happy to have the warm, smart, and connected Vida back after her leave.