

Resources for Parents and Carers of Children with Pathological Demand Avoidance (PDA)

General Information and Resources:

[PDA Society Webpage](#): Find information, tools, strategies, stories and more on PDA.

[AutismBC](#): Find information and contact information for local providers and organizations that specialize in autism.

Comox Valley Resources

[Tree House Therapy](#): Art and play based therapy for neurodivergent toddlers, kids and teens with ASD, ADHD, ODD, OCD, PDA, SPD, anxiety, and depression.

- **Contact** via phone: 778-647-2440 or email: hello@treehousetherapy.ca

[Comox Valley Child Development Association \(CVCDA\)](#): Reach out to get supports from [The Autism Program \(TAP\)](#). Connect with April Statz to get started with any of the CVCDA services.

- **Contact** April via phone: 250-338-4288 or email: april@cvcda.ca

[The Motherload: Family Sleep Specialist](#): Suzanne Gunn provides specialist sleep support for PDA, autistic, and ADHD families.

- **Contact** Suzanne via email: familysleepspecialist@gmail.com

Hear from Other Parents:

[AutismBC](#): Hear from other parents about the next steps after your child is diagnosed with autism.

[The PDA Space](#): Learn about PDA, parent experiences, available workshops, and resources.

[Intune Pathways](#): An exploration of autistic identity, culture, and family. Kristy Forbes is an Australian based autism & neurodiversity support specialist with experience working with clients both nationally and internationally. She has a special interest in PDA related trauma and

burnout and works with individuals and families in private consultation, programs, speaking and writing.

[Low Demand Amanda](#): Amanda Diekman, author of the book *Low Demand Parenting*, is a late diagnosed autistic adult, and a leading voice in the neurodiversity parenting movement offering deep wisdom and innovative insight into the realities of parenting uniquely wired children.

[@Peace Parents](#): Casey Ehrlich, Ph.D., can give you the tools and strategies you need to support a PDA child or child with a hyper-sensitive threat response.

Funding:

[Province of British Columbia](#): Learn how you can access funding to support your child with autism through the Government of BC.

[Variety Children's Charity](#): Apply for funding to cover a private autism assessment for your child under 19 years of age.