



Academic Success Coaching

A parent & caregiver guide to our specialized coaching program — executive functioning support, academic coaching, and practical learning strategies for your child.

FOR STUDENTS • GRADE 7 – POSTSECONDARY

A NOTE TO PARENTS & CAREGIVERS

Welcome to our community.

We are honoured to be part of your child's journey toward growth and self-discovery. At Green Forest Therapy, we take a compassionate and neuroscience-informed approach to empower neurodiverse individuals across the lifespan. Our goal is to help your child overcome challenges, build confidence, and achieve meaningful, lasting change.

As a parent or caregiver, you are a vital part of this process. This guide walks you through how the program works, what your child will learn, and what to expect along the way.

Thank you for placing your trust in us — we look forward to working together.

THE GREEN FOREST THERAPY TEAM



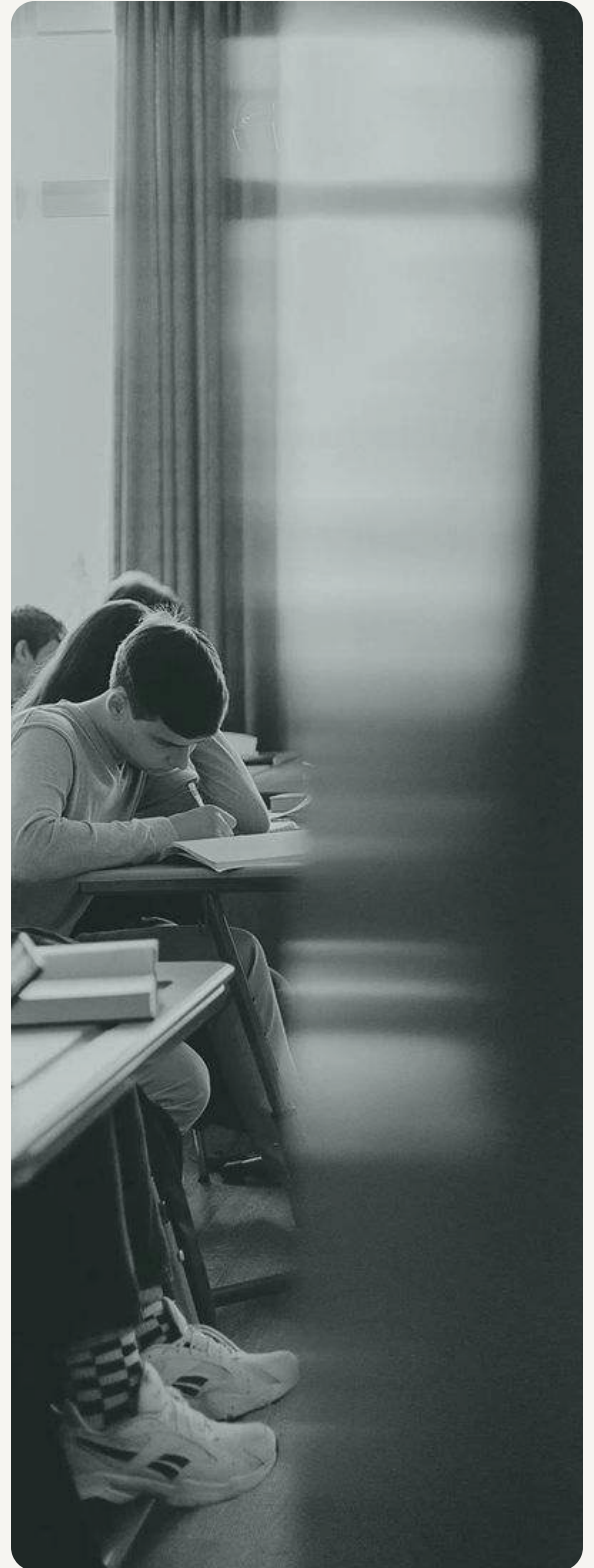


Capable – but school still feels like a struggle.

Many bright students haven't yet been taught *how* to learn. The program is designed for students who:

- ✓ Feels overwhelmed by school demands
- ✓ Struggles with organization, planning, or time management
- ✓ Learns differently or identifies as neurodivergent
- ✓ Benefits from structured support and accountability
- ✓ Wants to build stronger study habits and independence

If you nodded at two or more of these, this guide is for you.



GRADES 7–10

Building foundational academic and executive functioning skills



GRADES 11–12 & POSTSECONDARY

Refining advanced study strategies and managing increased demands

Behavioural science-informed care, uniquely adapted to each client.

Green Forest Therapy supports individuals with unique neurological and psychological conditions. Our behavioural science-informed techniques are adapted to the needs of our clients, fostering a deep understanding and transformative growth.

MISSION

To create a world where neurodiverse individuals feel understood, empowered, and equipped to succeed.

VISION

A community of inclusion that helps our clients thrive emotionally, socially, and academically.



VALUES

- 01 **Simplicity**
- 02 **Integrity**
- 03 **Community**
- 04 **Empowerment**
- 05 **Transformation**
- 06 **Authenticity**
- 07 **Accessibility & Inclusion**



COACH

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COACH

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Skills, routines, and mindset – for school with greater independence and less overwhelm.

Academic Success is a specialized coaching program designed to help your child develop what they need to succeed in school. Through personalized coaching, your child builds the executive functioning, study, and self-management skills necessary to navigate the increasing demands of middle school, high school, and beyond.

Executive functioning

The mental skills used to plan, start, and finish tasks — often called the brain's management system.

Academic coaching

One-to-one sessions focused on your child's current schoolwork and needs.

Learning strategies

Study and organization methods your child practices until they stick.





Teaching students how to learn – not just how to finish.



01 **A structured, tailored program**

We combine academic coaching, executive functioning support, and practical learning strategies into a structured program tailored to each student's needs.

02 **Practitioners who know today's schools**

Our practitioners bring expertise in special education and current school systems, allowing us to meet students where they are and support the realities of today's academic expectations.

03 **Not tutoring**

Unlike traditional tutoring, Academic Success focuses on teaching students how to learn, not just helping them complete assignments.

04 **Built for different brains**

Particularly supportive for neurodivergent learners and students who benefit from explicit instruction in organization, planning, and effective learning strategies.

05 **Habits that last**

In sessions with students, we focus on building sustainable habits and systems that will last.

Particularly supportive for neurodivergent learners and anyone who benefits from explicit instruction in organization and planning.



Two ways in. Both meet your child where they are.

TIER 1

Self-Paced Coaching

A flexible option that allows students to move at their own pace while receiving individualized academic coaching and support.

Sessions focus on the student's immediate needs — practical strategies for organization, time management, study skills, motivation, and stress management.

\$180

PER SESSION • 1× WEEKLY

TIER 2 • STRUCTURED

Structured Program

The intensive option — structured sessions with a clear roadmap for building strong executive functioning and academic success skills, at a pace that suits each learner.

Students participate in 2–3 coaching sessions per week for as long as they need — typically around 10 weeks — allowing for consistent practice, accountability, and skill development.

\$120

PER SESSION • 2–3× WEEKLY



Psychoeducation & awareness

Students learn about executive functioning — "their brain's management system" — and how it manages thoughts, emotions and actions.



Skill-building sessions

Students learn a specific tool or learning strategy — organization, time management, study strategies.



Implementation sessions

Strategies are applied directly to current homework and assignments, with guided support.

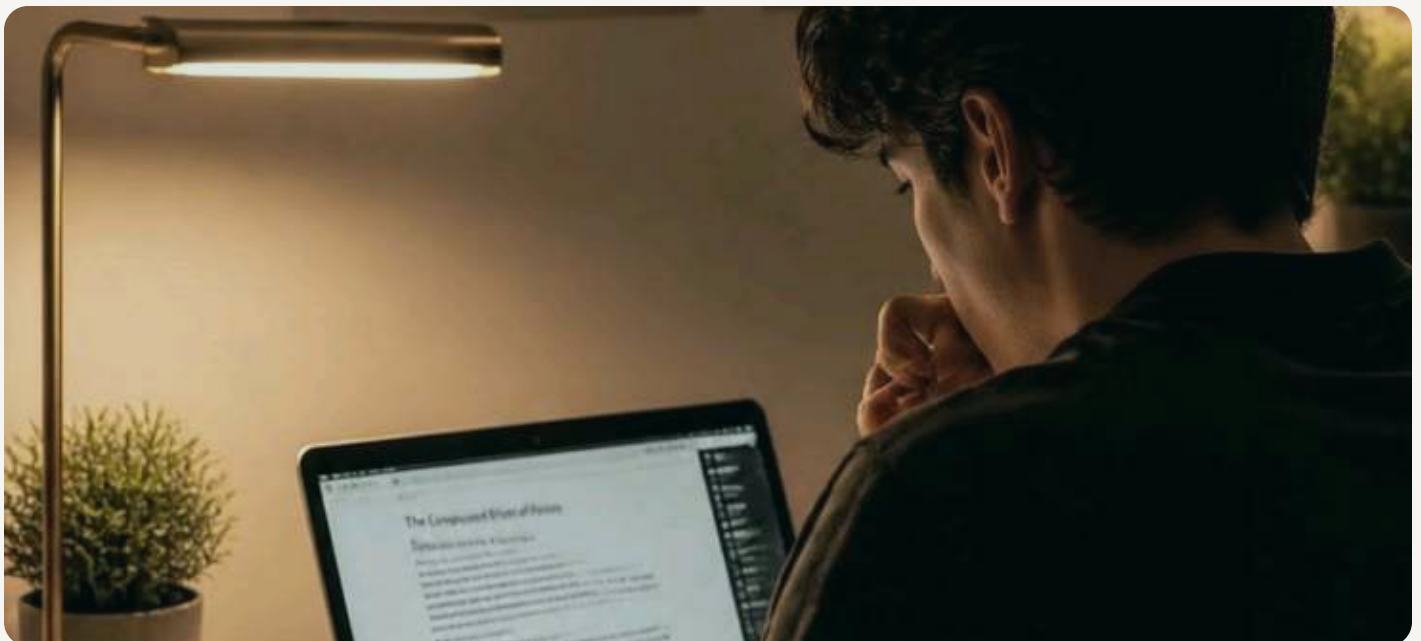


During the program, your child will learn how to:

- 01 Organize and manage assignments and deadlines
- 02 Break large tasks into manageable steps
- 03 Develop effective study strategies
- 04 Build consistent homework routines
- 05 Manage academic stress
- 06 Improve time management and planning skills

After completing it, your child should be able to:

- Approach schoolwork with greater independence
- Use organizational systems to track assignments & responsibilities
- Apply effective study and learning strategies
- Manage their time and workload more confidently
- Navigate academic challenges with reduced stress and greater resilience





Focus areas, shaped around your child.

Some topics may not apply to every student. The intake form lets students and caretakers express which areas they need the most help with, alongside questions that guide the coach to better understand the student's needs.

- Self-monitoring & regulation

- Task initiation, procrastination & goal-directed behaviour

- Organization systems

- Managing distractions & sustained attention

- Working memory

- Time management

- Studying & test preparation

- Tech tools & AI

- Writing, research & effective note-taking

- Navigating Google Classroom, D2L, Brightspace, Edsby, My Blueprint

- IEP support and advocacy (high school & post-secondary)

- Building consistent homework routines



EQAO & OSSLT prep sessions available.

Standardized testing can create significant stress. This focused support session helps students prepare for the EQAO and OSSLT assessments with practical strategies and confidence-building preparation — so they approach these assessments feeling prepared rather than overwhelmed.

STUDENTS WILL WORK ON

- Understanding test expectations and format
- Reading comprehension strategies
- Writing organization and clarity
- Time management during assessments
- Reducing test anxiety





A defined period of coaching, with skills that continue afterward.



FORMAT

Offered as a 10-week structured program or an ongoing, supportive coaching experience — depending on the student's needs.



PACE

Every student's journey is different — progress happens through consistent practice, not perfection.



FOCUS

Students work toward building habits and systems that support both academic success and life skills.



INDEPENDENCE

A focused period of coaching equips students with tools they can continue using independently.

The goal is for your child to eventually manage schoolwork independently, using the systems and habits built during coaching.



Questions parents ask us most.

01 **Who is an Academic Coach, and how is this different from tutoring?**

An Academic Coach is a professional trained in education who helps students build the executive functioning skills behind academic performance. Coaching is skill-based, structured, and goal-oriented — rather than re-teaching content, students build practical systems to stay organized, manage schoolwork independently, and follow through consistently.

02 **How does the program work week to week?**

Sessions run in a structured format, typically two to three times per week — short-term and intensive, or ongoing, depending on your child's needs. The first session assesses executive functioning strengths and challenges; from there, the coach helps your child apply strategies directly to their current schoolwork — organizing materials, planning assignments, and managing deadlines.

03 **Is coaching covered by insurance?**

Academic coaching isn't a regulated healthcare service, so it isn't covered by extended health insurance plans; sessions are private pay. If your child also receives psychotherapy at our clinic, we can help you understand the difference between services and which fits best.

04 **What results can we expect?**

Outcomes compound with consistency, but the first few weeks often bring noticeable shifts: improved organization, clearer routines, and more willingness to complete tasks. Over time, expect better time management, lower academic stress, less reliance on reminders, and greater independence.

05 **Does it work for students with ADHD or learning disabilities?**

Yes. We specialize in ADHD, autism, learning disabilities, and executive functioning challenges, and design coaching with these learning profiles in mind. In the first session, the coach identifies how your child learns best and matches strategies and structures to their learning style.



What is the Jane App?

Jane is the practice management software our clinic uses for scheduling, billing, and client records. It lets you book and manage appointments, receive automated reminders, and securely store intake forms and session notes. Jane supports direct billing to insurance providers, online payments, and invoicing.

WE'LL USE JANE FOR

- Booking sessions
- Logging in and attending sessions
- Access to worksheets and handouts
- Pre-test and post questionnaires
- Billing and receipts
- Intake, consent & confidentiality forms

Once registered, you'll be onboarded to Jane, where you'll complete an intake form, consent forms and confidentiality agreements, and add a credit card to your account. Worksheets and handouts are uploaded to your "Documents" tab — review and practice session takeaways between sessions for effective results.



SCHEDULING

Appointments run weekly for effective results. Reach out to the clinic to book ahead, or book directly through your Jane profile.



BILLING & FEES

A credit card on file is required. Pay by credit card or e-transfer — let admin or your therapist know your preference. Outstanding fees later than 48 hours are charged to the card on file. You'll be informed of all payments; processing happens during or at the end of the appointment.



CANCELLATIONS

Provide 24 hours' notice to cancel. Appointments cancelled within 24 hours are billed a late cancellation fee; no-shows are billed a no-show fee. Reschedule through the clinic or your Jane profile.

All of this information is also in your consent form on your Jane App profile.



Here to help your child find their way.

QUESTIONS? WE'RE HAPPY TO TALK IT THROUGH.

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