

Julia Swaigen MSW, RSW is the Founder and Director of Attuned Families. Julia has been working to improve Child, Family and School Mental Health for 18 years through her clinical and consultative work in Public Agencies, Public Schools, and Private and Independent Schools.

Julia founded Attuned Families to provide more direct support, focused on Prevention, Early Intervention and Innovation in Child, Family and School Mental Health.

Julia is often invited to speak to parent groups and school communities about Child and Family Mental Health, and has been quoted in the New York Times, Canadian Teachers Magazine and Celebrity Parents Magazine.

While Julia has become very skilled through years of training and clinical practice, her own experience as a parent has kept her very approachable, and focused on making change doable.

In her talks, Julia normalizes and validates the struggles that so many families face with mental health and relationships, presents ideas and solutions, and inspires families and communities to make changes that help children, families and school communities thrive.



“My passion for helping families move from feeling overwhelmed and uncertain to empowered and confident comes from my own lived experience as a busy mom, and from the many families I have had the honour of helping reach their potential for a happy life together.” - *Julia Swaigen*



Speaking Topics:

- **Clearing the Path to Connection in Families:** Julia discusses the importance of strong, connected family relationships, why so many families struggle to maintain healthy relationships and what can be done about it.
- **The Power of Attunement:** Attunement is a game changer in parenting. Julia discusses what Attunement is, why it's so pivotal in parenting and how to have more of it.
- **Attuned Parenting:** Julia discusses the core behaviours that lead to trouble in relationships and the core behaviours that support healthy relationships and help children thrive.

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