

Monica Munro.

Therapist

MACA Level 1 27096

Monica Munro is a Registered Therapist and Parent Educator who supports families raising neurodiverse and gender-diverse children. As a parent of four neurodiverse children herself, Monica brings deep lived experience, compassion, and understanding to her work.

She partners with families to reduce isolation, build confidence, and develop practical, supportive strategies - helping parents and children feel seen, supported, and less alone, even when the journey feels overwhelming.

Monica offers professional support with parenting neurodiverse children, including the challenges of advocacy, emotional overwhelm, exhaustion, adult relationships and navigating complex family dynamics.

Her approach is grounded in empathy and collaboration, working alongside families to create more connection and manageability at home.



"Be kind whenever possible. It is always possible."-Dalai Lama

Monica is available for telehealth, in-home and in-person appointments at The Neurodiverse Network.