

From: Darryl Ross darrylondunlin@gmail.com

Subject: Update

Date: September 2, 2021 at 10:31 AM

To: Cynthia Holmes cynthholm@gmail.com, alison.boyce@mannlawyers.com, kate.wright@mannlawyers.com

Cc: Alison Boyce aboyce@perlaw.ca

DR

Hi Cynthia,

Thank you for letting me know your point of view. I share your concern and following up from my requests for information about the girls well-being, please update me on what supports you have found for them to address your concerns, including the counselling they are in for support and the counsellor or doctor that has been working with them (following up from communication first sent on 30 January).

To add to the information that I shared about my treatment plans and treatment providers, including emails or texts on 19 June, 25 June, 30 July, 26 August and 30 August, I have included a note from Dr. Bowling that I received yesterday during my weekly meeting with him. I included Dr. Bowling as part of my treatment because he works in the field of addiction and recovery, because I can see him in person each week, and because I can provide a urine screen for alcohol and drugs directly in his office immediately before seeing him each week. I continue to maintain Dr. Brenhouse as my primary physician and family doctor and attend the sleep clinic at The Royal Ottawa where I work with Dr. Souci. I continue to use the skills developed participating in S.M.A.R.T. Recovery. During the period of extreme anxiety that I informed you about I further reached out to and was in contact with the RAAM clinic at The Royal Ottawa, Service and Access Recovery, and Rideauwood Addictions and Family Services Ottawa. I have also found support through Family Services Ottawa, family members, and people that I have met who share similar experiences. I have contacted Dr. Sharon Francis Harrison, the child psychologist that we briefly brought Charlotte to in 2016 and who I continued to work with afterward for additional support, and Dr. Carol Milstone, who I worked with during 2015-2017. Most recently I discovered a counsellor who we worked with at The Children's Aid Society who is now independent and has experience that is valuable in addition to the medical treatment, individual counselling and personal support that I have developed and maintain.

Following up from my attempts to communicate about contact with the girls, contact the girls, set a time to contact the girls, contact the girls following plans made, requests to discuss setting up a routine and reasonable time to communicate with the girls, requests to plan time to visit with the girls, offers to plan time to visit with the girls with a supervisor in the interim, including but not limited to 28 January, 24 April, 4 March, 27 March, 25 April, 26 & 27 June, 30 & 31 August.

I have cc'ed Alison and Kate as requested. Moving forward, and following up from repeated emails following your preference to communicate to or via Alison, communication to you informing you of Alison's preference not to communicate directly with individuals without legal representation (self-represented litigants), and repeated observations made in communication to you and Alison about my continuing confusion about who I should communicate with, strictly for and with the goal of trying to achieve the best outcome for Charlotte and Alice, I ask that you provide explicit direction to Alison or Kate to communicate with me if that is your preference, or communicate with me directly via email or text or another convenient platform, in order to establish reasonable communication solely concerning the girls.

Kindly reconsider arranging a time for the girls to FaceTime with me today or tomorrow, and to arrange a time to spend with them on the weekend to celebrate Charlotte on her birthday. My mom would like to be there as well, and is available to make plans either day, with notice since she lives outside of Ottawa.

I have a gift and card for the girls that I would like to drop off Friday or Saturday. Please let me know what time is reasonable, and I will leave it on the step.

Thanks,

Darryl

- This information is private. Please refrain from sharing my medical information with members of my family, my friends, and anyone else not relevant. Please do not include my mom or other members of my family in emails or texts.
- The address on the included note is not correct. Ongoing weekly notes verifying I remain abstinent and compliant with treatment recommendations will include my correct address, which has not changed.

Patient: **Ross, Daryl** Birth Date: **Feb 05, 1979**
Address: **103 Leopolds Dr,**
Ottawa ON K1V 7E2
Phone: **613-762-2067**
Note Details: Type: **Note** Date: **01 Sep 2021 11: 52 AM** Author: **Bowling, Nathaniel**

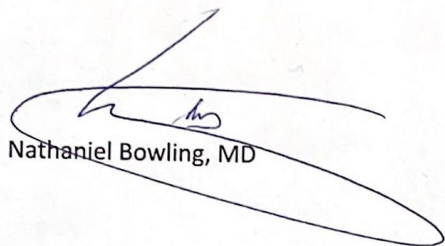
Provider: **Nathaniel Bowling**
Clinic: **Recovery Care - Ottawa South**
Address: **1800 Bank Street, Unit#20**
Ottawa ON K1V 7Y6

To whom it may concern.

Mr. Daryl Ross has been under my care since June 24, 2021. He is punctual for appointment, polite with office

staff, and generally it is a pleasure to provide him care. He is compliant with all recommendations concerning his treatment and is frankly going above and beyond what is asked of him. I currently have no concerns about Mr. Ross from a substance use perspective.

Best,

A handwritten signature in blue ink, appearing to read 'N. Bowling', is written over a large, loopy oval shape that also contains the text 'Nathaniel Bowling, MD'.

Nathaniel Bowling, MD

