

# NEURODIVERSE ADULTING

An Introductory Group  
(March 13 - May 8, 2024)



Strengthen planning and follow through on tasks



Locate and connect with community resources



Explore tools for time management



Build mindfulness and self-regulation skills



Build resilience to failure



Connect and strategize around common barriers



Share ideas and resources!

Learn about current research



Set yourself up for success

Build your confidence and sense of self!



INTERESTED?



LET US KNOW!