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

- 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!