

Autistic Women/Nonbinary Person's Support Group:

This group is for Autistic women/non-binary individuals who would like to connect with, share common experiences, and gain support from others in a welcoming space of safety and empathy. Perhaps you have been identified late in life and want to understand your world view through a new lens? Or maybe you have had to mask and conceal parts of yourself and your own true identity is at-risk of fading? The group will focus on each individual's unique strengths and potential through the group's exploration of a collective and common Autistic identity. With the support of others, it is possible to find a place of belonging and understanding.

Group Format:

This twelve-week process-oriented affinity group will focus on a specific topic each week. While there is an educational informational component interwoven into each session, the group is **not** intended to focus on enhancing social skills or specific therapeutic interventions. The hope is to bring individuals of similar life-stages together in a group of about six participants to explore identity, increase self-awareness, and support and connect with others.

Group Opportunities and Goals:

- Meet and connect with like-minded people
- Share unique strengths and challenges of an Autistic identity
- Discuss common experiences, ideas, and interests
- Explore challenging situations and coping strategies
- Increase self-discovery and self-acceptance

Topics:

- Autistic identity vs. disability
- Relationships through the life span
- Challenges: sensory sensitivities, masking, interoception
- Polyvagal theory and self-regulation
- Intense interests and self-care
- Disclosure and accommodations

Group Information:

What: 12 weekly group sessions

When: Weeknight TBD

Fee: \$100/ per 90-minute session

Where: Telehealth Sessions (Zoom)

Group Attendance:

Your commitment to attend all group sessions is requested to promote group cohesion.