

AUTISTIC WOMEN & NON-BINARY PERSON'S AFFINITY GROUP

OBJECTIVE

This 12-week neuroaffirmative support group offers connection & sharing of life experiences with other like-minded people. Because Autistic people may camouflage their differences, their own identities may be at-risk of fading.

SOLUTION

We'll explore ways to reach one's hidden potential in an empathic and safe environment that builds on each individual's unique strengths. With the support of others, it is possible to find a place of belonging and understanding.

TOPICS

- Relationships
- Masking
- Sensory Overload
- Burnout
- Emotional Regulation
- Exclusion
- Self-acceptance



DETAILS:

- **Wednesdays**
- **6:00 - 7:30 pm (ET)**
- **On-line Group**
- **DC, MD, VA & TX**
- **\$100/per session**



SONDRA WOLFF, LCSW
Licensed Clinical Social Worker

703.597.6977

Sondrawolff@me.com