

**Booking Now for Group Beginning January 2025!**

## Neuro-Curious Women's Group

*An 8-Week, Online Exploration into the Female Experience of ADHD, Autism, and/or AuDHD*

Beginning January 2025 (exact dates TBD), this group for adult women will meet **online with Aly Dearborn, LMFT, for 80 minutes a week for 8 weeks.**

Offering a deep dive into the female experience of ADHD, Autistic, and AuDHD neurotypes using the latest, neuro-affirming clinical research and polyvagal theory, each week will feature a presentation on a specific topic, a group discussion, Q & A, and “*feminist consciousness raising*” practices. This involves listening to and telling our own stories about being a neuro-different woman in a neurotypical world.

**The fee for this group is \$80/week** for 8 weeks and includes:

- A free, 30 minute, individual consultation prior to the group (*upon request*)
- Weekly follow-up journaling/reflection prompts and links to additional reading, assessments, and regulation tools
- **A free, 30 minute, individual consultation during the 8 week group** (*upon request*)
- An optional, **free, one hour, post-group meeting** will be available for those who wish to attend
- Opportunities to meet other women, form new connections, and participate in future by invitation-only women's groups

**To RSVP - contact Aly: [alyd.mft@gmail.com](mailto:alyd.mft@gmail.com) with subject line: Group**

\* Note that a signed consent form and credit card/payment agreement is required to hold your space in this group. First come, first served. Sliding scale available upon request.