

ALY DEARBORN, LMFT



Neuro-Curious? Women's Group

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

Dates: Wednesdays, May 21 - July 9, 2025 (8 Consecutive Weeks)

Time: 4:30p-5:50pPT / 7:30p-8:50pET (80 Minutes)

This group for “neuro-curious” adult women will meet online with Aly Dearborn, LMFT, for 80 minutes a week for 8 weeks. Limited to 8 women, this group is a “deep dive” into ADHD, Autistic, and AuDHD neurotypes using the latest, neuro-affirming clinical research focused on the female experience.

Each week will feature a presentation on a specific topic, personal reflection, group discussion, Q & A, and opportunities to practice a variety of emotional, sensory, and nervous system regulation strategies.

Other details:

- Fee is \$80/week (*sliding scale available)
- A signed credit card agreement and informed consent is required to hold your space.
- Weekly links to suggested reading material, screening/assessments, and neuro-inclusive coping strategies
- **Included: one 30 minute individual consultation with Aly**
- Opportunities to meet other women, form new connections, and participate in future invitation-only women's groups

To RSVP - contact Aly: alyd.mft@gmail.com with subject line: Group