

Reaffirm

Are you an adult (18 years +) who has been diagnosed with ADHD, Autism, or another form of neurodiversity? Are you not diagnosed but questioning if this might be you? Are you struggling with daily functioning, work, or relationships because of your neurodiversity? This is a space to learn and process the difficulties and joys of neurodiversity.

Whether you are diagnosed in adulthood, childhood, or questioning if these experiences fit your reality, this group is a safe space to figure it out. Let's explore the intersections of how neurodiversity impacts other aspects of identity and life by sharing resources, processing with peers, and learning new skills.



WHITMAN-WALKER

Health

We see you.

Join a Group!

There are two ways to learn which group is right for you and begin the screening process:

1

Schedule a Behavioral Health Consult through MyChart

or

2

Request a group referral from your Whitman Walker Provider.

For more information, email Elizabeth at: ebelanger@whitman-walker.org
www.whitman-walker.org