

Social Support Therapy Group

SCHEDULE DETAILS:

Wednesdays @ 6 pm
Aug 19 to Dec 9
(16 In-Person Sessions)
\$60 per Session

BOOK A CONSULTATION TO LEARN MORE!



A co-ed process therapy group for high-functioning ADHD/ASD young adults (ages 20+) looking to build genuine, lasting friendships, navigate the confusing world of dating and romance, or simply feel safe letting your guard down.

TOPICS:

- **Moving Past the Small Talk** towards deep, meaningful friendships
- **Dating & Romance:** Process unwritten rules, intimacy, and rejection
- **Lowering the Mask** and letting others see the real you at a safe pace
- **Boundary Setting** to protect your peace while still being open to connection

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