

Navigating Neurodiversity - Session Schedule

- **March 19, 2024: *The Senses***
 - Explore your senses, your gateway to perception.
 - Learn how sensory needs impact emotional experiences and how to adapt to your unique sensory needs.
 - Explore different fidget toys and tools for sensory integration.
- **April 16, 2024: *Autism/ADHD and Self-Care***
 - Learn aspects of self-care and how to navigate the demands of the modern world.
 - Discuss concepts such as “Spoon Theory” and the “Social Battery”.
- **May 14, 2024: *Autism/ADHD/Learning Differences and Healing from Educational Wounds***
 - Learn about the evolution of the education system.
 - Exploring alternatives to ABA.
 - Explore modern approaches to supportive interventions.
- **June 18, 2024: *Neurodiversity Advantages!***
 - Discuss positive aspects of neurodiversity.
 - Reflect and embrace ways that neurodiversity has impacted your life.
 - Debunk myths about “superpowers” and learn how positive traits can present unique challenges.
- **July 16, 2024: *Neurodiversity and Relationships***
 - Explore relationships and social interactions related to sex, dating, friendships, work, and family, including LGBTQ issues.
- **August 13, 2024: *Neurodiversity and PTSD***
 - Discuss posttraumatic stress in relation to neurodiversity.
 - Participate in activities including calming and relaxation techniques.
 - Discuss considerations in seeking therapy.
- **September 17, 2024: *Autism/ADHD Mythbusters***
 - Bust myths about ADHD and Autism and their impact on neurodiverse populations.
 - Participate in media literacy games.
 - Share your experience with assumptions and misinformation.
- **October 15, 2024: *Neurodiversity and Humor***
 - Explore humor in the context of Autism and ADHD.
 - Share your experience of humor in your own life.
 - Enjoy examples of comedy that centers on neurodiversity.