



FEELING ISOLATED?  
DEALING WITH A NEW DIAGNOSIS?  
FEEL LIKE YOU'RE BEING LABELED?

You belong here!

# NEURODIVERSE PROCESS GROUP

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## MEETS VIRTUALLY AT 12PM ON TUESDAYS

- Process thoughts, emotions, and experiences related to being neurodiverse
- Share challenges and triumphs
- Get support from peers with similar experiences
- Hear from other neurodiverse perspectives

FACILITATED BY KAT POSTEL, LMSW  
CLINICALLY SUPERVISED BY DORAN OATMAN, LCSW-S

RUNS FOR 8 WEEKS / MAXIMUM 8 PARTICIPANTS  
\$25 PER GROUP SESSION OR \$180 IF PAID UP FRONT  
ADULT GROUP (18+)

**TO SIGN UP, EMAIL KAT AT [KATPOSTELATX@GMAIL.COM](mailto:katpostelatx@gmail.com)  
OR CALL 512.229.9805**



A NEW BEGINNING  
COUNSELING  
HEAL YOUR MIND & BODY