



BE WELL COUNSELING

ADULT ADHD/AUTISM/NEURODIVERGENCE CLASS

Life can be challenging for people with neurodivergence, such as ADHD and Autism. This class is an opportunity for adults who have been recently diagnosed, and would like to learn more about how to help yourself and those you love.

LEARN HOW TO:

Identify your traits

Receive support, understanding, and acceptance

Explore your neurodivergence in a safe space

Improve your communication with others

Learn how to advocate for your child in school

Learn ways to manage neurodivergence without medication

Hybrid daytime and evening classes a
\$50/week

Private sessions also available!

Relaxation craft
activity for
neurodivergents
coming soon!

FOR MORE INFORMATION:

 908-548-8533  www.BeWellNJ.com