Got Resources?
Virtual Skills-based Group for Autistic Women
Leah Rosenthal, Self-Advocate

- I am a late-diagnosed neurodiverse woman with ASD and ADHD who has worked hard to find resources and advocate for myself.

- I want to make it easier for women in similar situations to access what they need to learn more about themselves to thrive.

- My project is a curriculum of topics for a 6-week skills-based virtual peer support group for Autistic Women.

- The class will meet for one hour weekly.

Topics covered in the curriculum:

- Identity (Terms Related to Neurodiversity)
- Self-Care (Sleep; Nutrition; Energy Accounting)
- Boundaries and Safety
- Executive functioning
- Coping Strategies/Emotional Regulation/Burnout
- Camouflaging, Masking, Assimilation

According to one study, “80% of females remain undiagnosed at age 18, which has serious mental health consequences…” (McCrossin, 2022)

Please get in touch with me for more information about this curriculum and other resources:

Website
https://neurorock.us/

Email: Leah@neurorock.us