

# Got Resources?

## Virtual Skills-based Group for Autistic Women

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- 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**

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