Save The Date

THURSDAY

14 JANUARY, 2027

In-Person at our Westminster Office location



Topics Addressed:

- Identity
- Masking
- Emotional regualtion
- Executive functioning

We Are Here to Help:

This group is designed for people who were diagnosed later in life with ASD/ADHD or other neurodivergence. It is to help find a common community to discuss and better understand their identities while developing practical skills.

Modalities Used:

- Cognitive Behavioral Therapy
- Strengths-based approaches
- Acceptance and Commitment Therapy
- Emotion-focused therapy
- Narrative therapy

VitalCare COUNSELING

JOIN OUR GROUP

UNMASKING NEURODIVERSITY

A support and skills group for adults who received their diagnosis later in life

Details

NEURODIVERGENT ADULTS AGES 18+ WHO RECEIVED A DIAGNOSIS LATER IN LIFE	Who
THURSDAYS AT 6PM	When
A 6-WEEK GROUP JANUARY 14th 2027 - FEBRUARY 18TH 2027	What
1400 W 122nd Ave, Suite 140, Westminster, CO 80234,	Where
PRIVATE PAY: $35/SESSION PRIVATE INSURANCES: AETNA, ANTHEM, UNITED (COPAYS & DEDUCTIBLES WILL APPLY) MEDICAID	Price

REGISTER NOW

Use the QR code or link to register. Select "**New Counseling Client**" and "**Unmasking Neurodiversity Group**" as the reason for visit.

Email: Counseling@vitalcare.us with any questions!

Link to Register