



# RELATIONSHIP COACHING & SUPPORT FOR NEURODIVERSE INDIVIDUALS

## ABOUT US:

We are a Toronto-based organization, run by two Occupational Therapists. We offer innovative, inclusive and accessible programs to support individuals in developing and maintaining meaningful relationships.

## ELIGIBILITY:

Our services are open to all young adults and adults who identify as neurodiverse, living in Ontario. This may include individuals with:

- Autism
- Down Syndrome
- ADHD
- Tourette's Syndrome
- Anxiety
- Developmental Disabilities

## SERVICES:



**Individual Relationship Coaching:** Coaching for individuals seeking strategies or skills to improve their personal relationships.



**Neurodiverse Couples Coaching:** Coaching for couples where one or both partners identify as neurodiverse.



**Relationship Skills Groups:** Fun and interactive groups, focused on important social, emotional, communication and practical skills for enhancing relationships.



**Events and Workshops:** Informative and engaging events and learning opportunities for neurodiverse individuals and their families.



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