



Confidently Me

A Safe Space for Neurodivergent Women to learn how to be confident & Independent!

Every 2nd Thursday 5:00 pm - 6:30 pm

Beginning January 12, 2023

Register today:

<https://creativeapproachonline.com/confidentlyme/>

Confidently Me is a support group for neurodivergent women (those diagnosed with an intellectual or developmental disability or with a mental health condition) ages 16 and up. The group meets once a month for 90 minutes and has guided discussions on topics that will help members with developing a variety of skills related to:

- Self-Esteem
- Self-Advocacy
- Safety Awareness
- Self-Care & Health
- Etiquette
- Independence

Registration is required and there will be a \$10 fee per meeting to help with the costs for all materials and guest speakers. Click the link above to sign up and if you have questions, please use the form below or email Dr. Zipporah Levi-Shackleford "Dr. Z" at ZLShackleford@CreativeApproachOnline.com.