



NeuroWise

Neurodiversity-Affirming DBT Skills Group



Accepting new members!

Learn strategies to manage anxiety, depression, and emotional reactivity in a way that supports and honors individual differences

How Does NeuroWise Work?

NeuroWise a neurodiversity-affirming skills group for adults who identify as neurodivergent and who are experiencing challenges such as depression, anxiety, or emotional reactivity.

NeuroWise adapts Dialectical Behavior Therapy (DBT) skills to be more accessible and relevant for people who are neurodivergent. Members learn new ways to manage emotions, navigate relationships, tolerate distress, manage sensory needs, and take care of themselves during difficult moments.

Member Qualifications

- Adults 18+
- Identify as autistic, ADHD, or otherwise neurodivergent
- Dealing with anxiety, depression, overwhelm, or emotional reactivity



Enrolling now!

Group starts Wed. 6/17 at 10AM

- 12 weekly group sessions Wednesdays 10AM-11AM
- Reach out to Easterseals to schedule an intake appointment
 - Call 860-270-0600 Ext.100
 - Or email clinicalservices@escrec.org