

HONORING OUR UNIQUE SELVES

A NEURODIVERSITY-AFFIRMING GROUP
FOR NERVOUS-SYSTEM REGULATION
(ADULTS - AGES 18+)



IN PERSON AT:
CREEKSIDE COLLABORATIVE THERAPY
6000 GREENWOOD PLAZA BLVD, SUITE 105
GREENWOOD VILLAGE, CO 80111

START DATE: MARCH 25, 2026
WEDNESDAYS 5:30-7:00 PM
8-WEEK IN-PERSON GROUP

WEEK 1: ORIENTATION, SAFETY, & COMFORT

WEEK 2: ENERGY & REST

WEEK 3: PERSONALIZED COPING

WEEK 4: ANXIETY & DEPRESSION

WEEK 5: TRAUMA & NEURODIVERSITY

WEEK 6: SHAME & PRODUCTIVITY

WEEK 7: DAILY FUNCTIONING

WEEK 8: INTEGRATION

IN-NETWORK WITH:
MEDICAID, CIGNA,
AETNA, BCBS,
UNITED, KAISER
SELF-PAY:
\$45/SESSION

CONTACT:
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720-248-8466 (CALL/TEXT)