



# THE ELS FOR AUTISM FOUNDATION™ PROGRAMS & SERVICES

## Mental Health Support Group



Els for Autism Foundation is offering a Mental Health Support Group, a place where individuals can come together to share stories and experiences about their lives and to discuss common issues such as depressed mood, anxiety, and compulsive thoughts. The focus of the support group will be to improve one's overall quality of life and increase community participation.

The support group will be available to adults with an autism spectrum disorder diagnosis who are ages 18+ and have completed high school. It will be facilitated by Jennifer Smyth, LMHC, Licensed Mental Health Counselor, and Kimberly Watterson-Rivieccio, Ph.D., Registered Mental Health Counselor Intern.

Participants new to the Els for Autism Foundation will need to schedule a 30-minute intake. A maximum of 10 participants will be in the group, and registration will be available on a first come first served basis.

Private pay and insurance options are available for payment.

### GROUP SESSION

Time: Mondays (on-going)  
5-6 p.m.

Virtual Meeting via Telehealth (Zoom)

### FOR MORE INFORMATION TO SCHEDULE AN INTAKE, AND TO REGISTER

Contact:

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