



Announcing a couple enrichment workshop...

**Different Planets:
Understanding Your
Neurodiverse
Relationship**

What is a neurodiverse relationship?

When two people in a relationship have different brain styles, they are in a “neurodiverse” relationship. Neurodivergent brains work differently than what is seen as “typical.” This can include folks who have autism spectrum (including Asperger’s), ADHD, auditory and sensory processing disorders, Tourette’s syndrome, or learning challenges such as dyslexia, dysgraphia or dyscalculia.

These different brain styles can bring communication challenges, and unmet needs for affection, communication, and understanding. This is often due to individual differences in ways partners process information. Other areas of difficulty can include understanding social cues, differing levels of sensitivity, different coping mechanisms for dealing with stress, and executive functioning (e.g. organization and planning). These differences, if not understood and nurtured, can lead partners to feeling like they are from “different planets.” The goal of this workshop is to enhance understanding and communication between partners so you can both feel like you are on the same orbit!

About the presenters: Dr. Lorna Hecker is the former director of the Purdue University NW Couple and Family Therapy Center and author of Different Planets: Understanding your Neurodiverse Relationship. Dr. Sara Colorosa is an executive function coach, having studied under Dr. Temple Grandin, who focuses on practical skills for everyday success.

To register: email info@neurodiversewellness.com or contact Dr. Colorosa at 970-682-4665.

ACTIVITIES TARGETING NEURODIVERSE COUPLE DYNAMICS. COUPLE WORKBOOK INCLUDED WITH TUITION.

WHERE: VIA ZOOM/WEBINAR FORMAT (CAN'T ATTEND ALL 4 SESSIONS? YOU WILL BE EMAILED THE RECORDING AFTER EACH SESSION FOR YOUR REVIEW.

DATES: THURSDAYS, 6:30-7:45 P.M MOUNTAIN TIME. APRIL 13, 20, 27 & MAY 4.

WHAT IS IT: A FOUR-PART RELATIONSHIP ENCHANCEMENT WORKSHOP WITH PSYCHOEDUCATION AND ENRICHMENT ACTIVIES TARGETING NEURODIVERSE DYNAMICS.

**COST PER COUPLE: \$529
PAYMENT PLANS AVAILABLE. MUST REGISTER BY APRIL 12TH TO ENSURE WORKBOOK CAN BE DELIVERED. LATE REGISTRATION MAY DELAY WORKBOOK DELIVERY.**

