

Neurodivergent Guild: New Horizons

A mindfulness and Expressive Arts Therapy group celebrating neurodivergent adults.

Time: Every Tuesday, 5:00–7:00 PM

Location: 3307 S College Ave, Suite 225,
Fort Collins, CO 80525

Age Group: Adults

Cost: \$65 per session

Neurodivergent Guild: New Horizons offers a space for creativity, healing, and connection, specifically designed for neurodivergent individuals. The program uses a neurodiversity-affirming therapy approach and combines Mindfulness for Adult ADHD and Expressive Arts Therapy to empower participants through tailored approaches.



Mindfulness for Adult ADHD, as developed by UCLA, focuses on helping participants improve attention, reduce impulsivity, and navigate daily challenges with greater ease

Expressive Arts Therapy provides a trauma-informed, person-centered framework to explore emotions and foster resilience through creative activities like drawing, music, writing, and movement.

This group is designed specifically for neurodivergent individuals, providing a space to explore imagination, creativity, and self-discovery while affirming and celebrating diverse identities.

📍 Free 15 min consultation

💰 Price: \$65 per session (Aetna, Anthem Blue Cross and Blue Shield, Coverage may vary depending on your specific plan. Please contact us to verify your benefits)

🕒 Eighteen weeks of mindfulness and expressive arts

🗺️ Embark on a journey to build skills and explore expression

🏠 No prior mindfulness experience required

Contact

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