

# Autistic Parenting Group

A group for parents who want to understand, connect with, and support their Autistic child of any age (including adult) while caring for themselves

## Is this you?

- ◆ You're a parent of an Autistic person of any age.
  - ◆ You're trying to understand their needs.
- ◆ You're wondering how to both accommodate and help them grow.
- ◆ You feel drained by parenting demands and want support for yourself too.
- ◆ You'd love to connect with a therapist and other parents who get it.

✨ **This group is for you!** ✨

## About the Group

Created by a fellow parent and Autistic clinical psychologist, this 10-week group offers a validating, science-based approach to parenting Autistic people.

### You'll learn and practice:

- ✓ Understanding your child's Autistic needs
- ✓ Balancing acceptance and change
- ✓ Coping with strong feelings
- ✓ Communicating effectively
- ✓ Supporting your child while honoring your own needs and limits

Approaches include: DBT Skills, Collaborative & Proactive Solutions, and Supportive Parenting for Anxious Childhood Emotions (SPACE)  
(Your child does not need to participate directly.)

### Group Details

Tuesdays, 12–1 PM PT / 1–2 PM MT / 2–3 PM CT / 3–4 PM ET

Duration: 10 weeks starting **January 13, 2026**

Cost: \$100 per family per week

### Open To: Parents in California and all 43 PSYPACT-participating states

(Alabama, Arizona, Arkansas, Colorado, Connecticut, Delaware, District of Columbia, Florida, Georgia, Idaho, Illinois, Indiana, Kansas, Kentucky, Maine, Maryland, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, Nevada, New Hampshire, New Jersey, North Carolina, North Dakota, Northern Mariana Islands, Ohio, Oklahoma, Pennsylvania, Rhode Island, South Carolina, South Dakota, Tennessee, Texas, Utah, Vermont, Virginia, Washington, West Virginia, Wisconsin, Wyoming)