

# AlignED Care<sup>®</sup>

Eating Disorder & Mental Health Center

## Neurodivergent Process Group LGBTQIA+2SP Affirming

### For Teens

 **WEDNESDAYS**  
4:00-4:50 pm

 **VIRTUALLY VIA ZOOM**  
Teens 12-17 located in  
California

 **\$45/GROUP**

Join us for a supportive and inclusive process group tailored for neurodivergent youth! In this affirming space, teens can freely share their experiences, challenges, and triumphs with others who understand. Discussions will focus on building coping strategies, fostering self-acceptance, and promoting mutual encouragement. Whether you're on the autism spectrum, have ADHD, or other neurodivergent characteristics, you'll find acceptance and solidarity among peers who truly understand. Together we'll explore unique perspectives, celebrate diversity, and cultivate a sense of community where everyone feels valued and seen.

Facilitated by:

**Michele Lambert (she/her)**  
Registered Associate MFT #150088

Michele provides a supportive, empathic and non-judgmental environment where you can explore and grow. As an empathic therapist, she is open to walking alongside you as you share your story and can help you learn new skills to deal with life's stressors and understand the parts of your past that may be keeping you stuck. Michele is passionate about working with adolescents, individuals and families on their road to healing and connection.

Michele has a MS in Marriage and Family Therapy with an emphasis in Medical Family Therapy from Fuller Theological Seminary in Pasadena. She has been working as a group facilitator and therapist in residential treatment centers for substance abuse disorders and eating disorders for several years. Michele has a history of working with LGBTQIA+ individuals and has over 10+ years working with neurodivergent children and teens.

Michele works with modalities such as attachment, psychodynamic, DBT and polyvagal as she creates a therapeutic relationship characterized by compassion, warmth and understanding.

Supervised by Robyn Caruso (she/her), LMFT #80168, CEDS-C #4246

