

AlignED Care

Eating Disorder & Mental Health Center

Parents of Neurodivergent Kids & Teens Process Group



WEDNESDAYS

Noon-1:00 PM

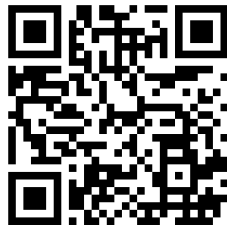


VIRTUALLY VIA ZOOM

Parents located in
California



**\$50/ WEEKLY
GROUP**



Welcome to our therapy support group designed specifically for parents of autistic teens. This supportive space offers a community where parents can share experiences, seek guidance, and find solace in knowing that they are not alone on this journey. Dig deep about autism and neurodivergence, learn parenting tips and strategies, and ask the hard questions. Together, we will navigate the complexities of childhood and adolescence while embracing the unique strengths and needs of our kids. Join us to connect, learn, and laugh alongside others who understand the joys and challenges of parenting a neurodivergent child or teen.



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,
LMFT #80168



www.alignedcarecenter.com



310.494.6241



robyn@alignedcenter.com