

Secure  
your spot  
**NOW!**



# Spicy & SUPPORTED

The goal of **Spicy & Supported** is to provide a safe space for neurodiverse adults to support and learn from one another. This 7-week group will be led by **Brianna Rossbach, LCPC** and will be held online. Each week will have a specific focus, chosen by group participants, exploring the various complex ways our neurodivergence impacts different areas of our lives. The goal is for participants to leave group feeling understood, accepted, and **seen**, while gaining tools and resources from individuals that **get them**.

*\*Participants will be required to complete a group screening questionnaire.*

## Details

- 🌀 Adults 18+, Online Group
- 🌀 Oct. 6th - Nov. 17th, 7 weeks
- 🌀 Once a Week, Monday Evenings
- 🌀 7 to 8 pm
- 🌀 Insurance Accepted  
(BCBS, Aetna, Cigna)
- 🌀 \$60/Session Self Pay

## Contact

- 📞 (217) 331-6380
- ✉ [info@rossbachcounseling.com](mailto:info@rossbachcounseling.com)
- 🌐 [rossbachcounseling.com/groups](http://rossbachcounseling.com/groups)

Sign up  
online!

