



## University of Wisconsin-Stevens Point

College of Professional Studies  
School of Health Sciences and Wellness  
Speech, Language and Hearing Clinic

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Dear Students,

I would like to encourage you to be a part of **Neurodiversity Alliance**, a support and self-help group for students with autism and related social communication and/or executive function difficulties. This group is for you! The group was started in 2010 and many students with autism, executive function, and social communication challenges have found it to be beneficial. It is facilitated by two graduate students in the Department of Communication Sciences and Disorders and me. The support group is totally confidential. You do not need to have a formal diagnosis of autism to attend. Students with other neurodiverse diagnoses, such as ADHD, dyslexia, Tourette's, or social anxiety, are welcome. Alumni and community members also participate.

We talk about the issues and concerns that you feel are important. In the past, students have shared their best study tips with each other, talked about how to deal with sensory overload, and even just vented about the frustrations of living with a roommate. Sometimes lively debate ensues as well. Periodic activities focusing on things like interpersonal skills (e.g., how to make "small talk" or interview for a job) are incorporated according to participant interest and need. We also just do things for fun and to hang out. Last semester, we attended a university event together and learned how to play pool.

We are meeting for Fall Semester 2024 on Wednesdays, 5:00-6:00 pm in CPS 014 (in the "basement" of CPS in the Speech, Language, and Hearing Clinic). It is fine if you need to come late or leave early because I know you have class and work schedules.

I hope you will consider coming to the group. I think you will find support, understanding, social connections, and new strategies for navigating the complex social world of a college campus and life after college, including work, relationships, and "adulting." It's a safe place to be your authentic self and be understood by others with similar life experiences, so that you can make the most out of your collegiate or life experience. You can talk and participate as much or as little as you would like...or just sit back and listen.

Please feel free to email ([pterrell@uwsp.edu](mailto:pterrell@uwsp.edu)) if you have questions or would like more information. I realize that coming to a group for the first time is a bit intimidating, so I am willing to meet with you individually (in person or virtually) first or connect you with another individual in the group at your convenience.

Hope to see you soon!

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