

BGSU Counseling Center

Neurodivergent Support Group

Fridays, 1:00 - 2:00 PM

Counseling Center: 104 College Park

Neurodivergent: having a mind that functions in ways that differ from societal standards of "normal."

Examples: ADHD, Autism, learning disabilities, and mental illnesses.

This group aims to provide students with a place to share their struggles, give and receive support from others, and discuss their lived experiences without having to mask who they are.

Each session will start with check-ins and introductions. Students can then ask for time to discuss a challenge they are experiencing or a topic they wish to discuss.

This group is open to all BGSU students. Formal diagnosis is not required. Those who are questioning a neurodivergent identity are welcome. Students may attend weekly or drop-in as needed. Group will not meet over spring break.

Facilitated by Emily Shrider, Psy.D.
Contact Emily at shrider@bgsu.edu or 419-372-2081 with questions.

The Counseling Center welcomes all students. We aspire to respect cultural, individual, and role differences. Our goal is to create a safe, supportive and affirming climate for individuals of all races, ethnicities, national origins, genders, gender identities, sexual/affective orientations, religions, ages, abilities, sizes, socioeconomic statuses, languages, and cultures.