

Individual Matters

Discover.
Act.
Grow.

Newsletter — July 2024 Issue

Neurodiversity

Neurodiversity is the idea that people experience and interact with the world around them in many ways. This term is often used to describe: autism, ADHD, learning disorders, or sensory processing sensitivities.

There is no single "right" way of thinking, learning, and behaving. And *differences are not deficits*.

Neurodiversity: Resources and Connection for Individuals and Families

This month, neurodiversity consultant Lea Anne Paskvalich joins [The Individual Matters Podcast](#) to talk about the unique gifts and challenges of neurodiversity, how to leverage strengths and interests, and what resources are available for individuals and families in Colorado.

We discuss her work with Temple Grandin School and Autism Society of Colorado, and how these experiences shaped her understanding of neurodiversity.

This episode lays out *resources and practical steps that neurodiverse individuals and their families can take today*.

You can [Listen HERE](#).



Neurodiversity Resource Fair — August 10, 2024

The [Neurodiversity Resource Fair](#) will be held at the Grand Junction Convention Center on August 10, 2024! This free, in-person community event is dedicated to neurodiversity and provide resources and support for individuals of all ages who have autism, ADHD, developmental disabilities, and more.

For details, click [HERE](#).

Individual Matters will be at the fair — and we hope you'll stop by our table and say hello!



The Upsides of ADHD

ADHD is one of the “disorders” associated with neurodiversity.

But not everything about ADHD is a “problem.” There are many wonderful gifts and unique characteristics associated with this style of thinking.

Read Dr. Katen’s take here: [Creativity: The Upside of ADHD](#)

Wishing you a wonderful July!



Dr. Katrina Katen
Clinical Psychologist



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