

SENSORY PROCESSING DISORDER Parenting Group

Please join us monthly for a parenting / education / support group.
This group is designed for any caregiver of a child with SPD.

2025-26 Monthly Meetings

October 29 Embracing Neurodiversity

November 19 Executive Functioning and SPD

December 10 How to Help Your Anxious Child

January 14 Social Anxiety and Social Skills

February 11 Emotional Regulation: Parent and Child Strategies

March 4 Family Effects: How SPD Affects Sibling and Marital Relationships

April 15 Equine Assisted Therapies and SPD

Select Wednesdays

11:30am–1:00pm

Bixby School

4760 Table Mesa Drive

Boulder, CO 80305

\$35 per attendee

\$45 per couple

First Group Free!



Sarah is a Licensed Clinical Social Worker and Psychotherapist. For over 15 years, Sarah has been raising awareness of what it means to be a “highly sensitive person”. As a therapist, parent coach, speaker, advocate, and mother of three, Sarah passionately believes that neurodiversity is the new norm. In addition to her work with a child abuse treatment center, mental health clinic, and University counseling center, Sarah has been co-facilitating this parent support group for 13 years. To learn more about Sarah, visit sarahahn.com.



Jenny is a Licensed Professional Counselor specializing in work with children, teens, and parents. For more than 20 years, Jenny has worked in a variety of settings including schools, community mental health and private practice. Integrating Equine Facilitated Psychotherapy is a passion of Jenny's. She is the Executive Director of Rocky Mountain Equi-Rhythm and provides a variety of equine assisted therapies for all ages and organizations. To learn more about Jenny, visit beaconfamilyconsulting.com.



Reserve your spot! Contact Sarah Ahn, MSW, LCSW | 303.562.6328 | sarah@sarahahn.com
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