

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.

2026-27 Monthly Meetings

October 19 Embracing Neurodiversity

November 9 Executive Functioning and SPD

December 7 How to Help Your Anxious Child

January 11 Creating a Social Skills Toolkit

February 8 Emotional Regulation: Parent and Child Strategies

March 22 Navigating Tech with Sensory Kids

April 26 Equine Assisted Therapies and SPD

Select Mondays
11:30am–1:00pm
Mackintosh Academy
6717 S Boulder Road
Boulder, CO 80303

\$45 per attendee
\$55 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 14 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
or Jenny Burnsed, MS, LPC | 303.882.8819 | gigijack@aol.com