



JCHAI's Monthly Zoom Drop-In Support For Parents & Other Caregivers

Join us for our free, virtual support group for family caregivers of neurodiverse adults. You do not need to be a JCHAI family or intend to be one — all caregivers of neurodiverse people 17+ are welcome!

This is drop-in, come as you are! Gently facilitated by JCHAI's Dr. Beth Rosenwasser. She ends with a 10-minute mindful meditation to leave us in a positive place. To get new links or reminders, email BethRosenwasser@jchai.org to join the list, or view the calendar at jchai.org/events.

Current Zoom link: <https://bit.ly/4fuDVVc>

Thursdays, 7:30-8:30 PM ET:
Jan 16, Feb 6, Mar 6,
Apr 3, May 8, Jun 12

Click here or scan
QR code for more
information about
community events:



274 S Bryn Mawr Ave
Bryn Mawr, PA 19010
(610) 922-2480
JCHAI.org



**Neurodiversity
Consultants LLC**

6810 Emlen St
Philadelphia, PA 19119
(215) 356-8418

NeurodiversityConsultants.com

Social Circle Rap Groups (Free & In-Person — Light Snacks Served)

Neurodiverse Adults (ages 18+): Get together to chat, chill, meet others, learn about resources, and share what's going on. This is facilitated by a licensed professional.

Family Caregivers (of neurodiverse adults ages 18+): Join other family (parents, siblings, guardians) for resources and sharing experiences. This is facilitated by a licensed professional.

Location: JCHAI's Swartz Education Center, 274 S Bryn Mawr Ave, Bryn Mawr, PA 19010
Lost? Contact Dr. Beth Rosenwasser at **(215) 498-1270**

Social Circle Questions? Contact Dr. Eric Mitchell: info@neurodiversityconsultants.com

Neurodiversity Consultants is available to design collaborative consultation services that can promote individual and systemic supports for wide ranging needs, including assessment, behavioral services, special education needs, training, social skills, and more.

Select Sundays, 4:30-5:30 PM
Feb 16 (Spring Forward) and May 4 (*Successful Summers*)

Life With JCHAI

NAVIGATION SERVICES

JCHAI's collaborative navigation results in plans tailored to each member's specific needs and aspirations.

Our Mission

JCHAI inspires and empowers adults with developmental differences or disabilities to imagine and fulfill their life aspirations and be valued contributors in the community.

Our member-centered model of care allows us to personalize our approach, giving them the tools and support they need to follow their passions, pursue interests, and reach their goals.



1:1 Coaching

JCHAI professionals design and teach targeted strategies for social, educational, vocational, and supported independent living goals.



Curriculum-Based Classes

JCHAI members develop skills in a fun, safe, and supportive environment. Subjects include career success, self-advocacy, wellness, and more.



Intentional Group Gatherings

JCHAI helps individuals build peer relationships with common goals and interests and strengthen their social connections.



Socials, Trips, and Outings

Whether we're enjoying events across the Philadelphia region or at one of our HUB centers, there's always something fun happening at JCHAI.

Click here or scan QR code to learn more:



www.jchai.org