S O L A

A SOFT LANDING SPACE

NEURODIVERGENT
EDUCATION & COMMUNITY

BEFORE WE BEGIN

We don't heal one another. We create the conditions where healing is more likely to happen.

Healing isn't something another person can give us. It often emerges through understanding, relationships, practice, and feeling safe enough to be honest. Every conversation, every shared experience, every skill we practice together contributes to those conditions. That's what we're building here.

WHAT SOLA IS

1. A neurodivergent learning community.
2. A place to better understand your brain.
3. A place to learn practical, evidence-informed skills.
4. A place to experiment without expecting perfection.
5. A place to build supportive relationships with people who understand.
6. A place where curiosity comes before judgment.
7. A place where members learn from one another—not just from the facilitator.

WHAT SOLA IS NOT

1. Individual or group therapy.
2. A replacement for therapy or medical care.
3. A crisis service.
4. A place where anyone is expected to fix another person.
5. A community built around having all the answers.

Many members attend therapy.
Many have completed therapy.
Some are just beginning to understand themselves.
Others have spent years doing this work.

There is no "right" place to begin.

OUR HOPE

Our hope isn't that you leave each week with all the answers. Our hope is that you leave with one new idea, one practical skill, one meaningful conversation, one moment of recognition, and one small step that makes your week a little easier.

THOSE SMALL MOMENTS **ACCUMULATE.**
OVER TIME, THEY BECOME
NEW PATTERNS.
AND NEW PATTERNS HAVE
THE POWER TO CHANGE LIVES.

THANK YOU FOR HELPING US BUILD A COMMUNITY WHERE NEURODIVERGENT ADULTS DON'T HAVE TO EARN BELONGING BEFORE THEY RECEIVE IT.

WELCOME TO SOLA.