

# NERVOUS SYSTEM SUPPORT GROUP for moms

great group to support moms of  
autistic or ADHD children

**\$20  
monthly**

- Meets the last Thursday of each month January - October 2026
- 7pm in person
- 14047 Trade Center Drive, Fishers, IN 46037
- Lead by: Jessica Turk, LCSW

## Details:

- \$100 upfront: covers commitment to group, use of SSP, and January group fee. \$20/month Feb-Oct.
- Create a safe space for moms/primary parent to build community and connection for validation and support.
- Learn about the nervous system, brain & body, parenting, attachment, trauma, anxiety, polyvagal theory, self-regulation and co-regulation.
- Build skills in nervous system reset, self-regulation, co-regulation, and mind-brain-body connection.

For more information email:  
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