



- Investigating difficulties
- Addressing needs
- Finding Solutions

My personal coaching service specifically for autistic teens and adults meets your needs by providing targeted, practical support and solutions for identifying, understanding and addressing your own needs with confidence, ease and effectiveness.

Needs based and solution oriented services for autistic teens and adults



Laurie Mitchell
Special Care
Counsellor
MEMBER OF THE



Contact me for more information, if.....

- you have just received an autism diagnosis, and you aren't sure where to start
- you know what you need to do, but can't figure out exactly how to do it
- you feel you are doing everything you can and yet it still doesn't seem to be enough
- you are using recommended methods and strategies, but you're not seeing progress or change
- you are fed up and want things to be different
- you are having difficulties, but you're not sure how or where to get help



Support, Consultation, and Education for Diverse Needs

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