



What We Do and Who We Serve

Neurodivergent Friends is a 100% volunteer-run 501(c)(3) nonprofit founded and led by neurodivergent individuals, which includes a wide range of developmental, cognitive, learning, psychiatric, and neurological differences.

Our Mission and Vision

Neurodivergent Friends exists to create identity-centered, psychologically safe spaces built by and for neurodivergent individuals. Through consistent, accessible programs, we aim to reduce isolation, improve skills, and build lasting peer connections, envisioning a world where neurodivergent people are not expected to mask or conform but are celebrated, supported, and empowered to thrive.

What We Offer

- Social Events—We host at least three free monthly events in Bell County and are expanding into Williamson, McLennan, Travis Counties, and the San Antonio region. Events include Dungeons & Dragons, cosplay dinners, silent discos, playgroups, picnics, pool parties, and sensory-friendly hangouts.
- Community Support—We build connections through peer-led activities that support executive functioning and reduce social isolation. Meals are always included to remove barriers. All events are free, except one annual pool tournament fundraiser.
- Resource Hub – We help families and individuals understand and access complex systems, including Medicaid, SSI, special needs trusts, STAR Kids, and other relevant programs.
- Advocacy – We advocate for the needs of our members by building relationships, connecting individuals and organizations with relevant resources, and ensuring decision-makers remember who we are and who we serve. We encourage and empower others to become advocates within their circles. We attend meetings like Safe CTX, HOTROSC, CRCGs, and the Bell County Committee for People with Disabilities.
- Training & Classes—We offer training and workshops on Medicaid navigation, obtaining nursing care, appealing a decision regarding a loved one's level of care, setting up trusts, IEP basics, and neurodivergent communication needs.

Built By and For Neurodivergent People

Neurodivergent Friends is designed exclusively for neurodivergent individuals and their families and loved ones, providing a space to connect, support one another, and thrive without judgment or pressure to perform.

Contact Us

Email: megan@neurodivergentfriends.org Website: www.neurodivergentfriends.org

Registered Agent: 1022 Bluebird Dr., Harker Heights, TX 76548

Please reach out to collaborate on an event or to volunteer; we have no fixed physical location.



What Is Neurodivergence?

We chose the name Neurodivergent Friends instead of Autistic Friends because our community includes people with autism, ADHD, IDD, learning disabilities, mental health conditions, sensory differences, and more. Many disabilities—unless purely physical—involve some form of neurodivergence.

Examples of Neurodivergent Conditions (not an exhaustive list)

Neurodevelopmental

- Autism Spectrum Disorder (ASD)
- ADHD
- Intellectual Disability (ID)
- Global Developmental Delay (GDD)
- Dyslexia, Dysgraphia, Dyscalculia
- Developmental Coordination Disorder (DCD)
- Communication Disorders
- Auditory Processing Disorder (APD)
- Nonverbal Learning Disorder (NVLD)

Neurological and Genetic

- Traumatic Brain Injury (TBI)
- Epilepsy and Seizure Disorders
- Cerebral Palsy (with cognitive impact)
- Hydrocephalus
- Fetal Alcohol Spectrum Disorders (FASD)
- Down Syndrome
- Fragile X, Rett, Angelman Syndromes
- Williams Syndrome
- Prader-Willi Syndrome
- Tuberous Sclerosis Complex (TSC)

Mental Health and Emotional Regulation

- Bipolar Disorder
- Major Depressive Disorder
- Persistent Depressive Disorder
- Obsessive-Compulsive Disorder (OCD)
- PTSD / Complex PTSD

- Panic Disorder
- Social Anxiety Disorder
- Schizoaffective Disorder
- Schizophrenia
- Borderline Personality Disorder
- Dissociative Identity Disorder
- Selective Mutism

Sensory and Processing Differences

- Sensory Processing Disorder (SPD)
- Misophonia
- Synesthesia
- Tactile Defensiveness
- Proprioceptive / Vestibular Dysfunction
- Visual or Auditory Processing Differences

Other Recognized Forms

- Executive Dysfunction
- Working Memory Impairment
- Slow Processing Speed
- Hyperlexia
- Twice-Exceptional (2e)
- Highly Sensitive Person (HSP)
- Extreme Demand Avoidance (PDA)
- Cognitive Processing Disorder
- Neurodivergent by Trauma
- Theory of Mind Differences
- Lagging Skill Development
- Plural/Multiple Systems

Being neurodivergent is not a problem to fix. It is a difference to understand and respect. We do not require formal diagnoses to welcome someone into our space. People who think and process differently and seek support or community belong here.

What We Offer

- Help navigating Medicaid, waivers, and disability systems
- One-on-one consultations—online, by phone, and in person
- Assistance applying for SSL, Medicaid, and MBIC
- Support with diagnosis pathways for school and workplace accommodations
- Workshops & Trainings
- Medicaid Waiver Navigation
- Understanding Form 1746-A
- Webinars presented by the Social Security Administration (SSA)
- Training for families, caregivers, and providers—virtual and in-person
- Activities and events that form a circle of support around us and our loved ones by creating opportunities for friendship and connection.

Who We Are

With Neurodivergent Founders, there is nothing about us without us. Connections lead to lasting friendships and form circles of support that improve our outcomes and lives. Resource connections are a bonus!



Building Services In:

- Bell County
- McLennan County
- Travis County
- Tri-Counties (San Antonio area)
- Williamson County
- And Everywhere Virtually and by Phone

Coming to Your Community Soon

With a few local volunteers, we can build it together.



Get Involved



501(c)(3) 99-3650911
TX Comptroller Tax
ID # 32095541473



Neurodivergent Friends™
Because here you belong.

Our Mission

To promote acceptance, understanding, and equal opportunities for neurodivergent individuals.

Our Vision

Creating spaces, workshops, and opportunities to improve the lives of neurodivergent individuals.

Contact Us

850-938-3233
Megan@NeurodivergentFriends.org
www.NeurodivergentFriends.org



Accessible Anywhere

Our webinars are open to all who register. Dungeons & Dragons sessions run partly online using virtual platforms, and individual consultations are offered by phone or video, meeting you where you are.



Borrowed Space

We were founded in Harker Heights, but we do not have a physical space. While we hope to secure dedicated spaces in the future, we currently borrow and share spaces in every area we serve. This collaborative model keeps costs low and impact high.



Our Values

We believe neurodivergence is a natural, valid part of human diversity.

The greatest barriers we face are misunderstanding, lack of accommodations, and systemic exclusion—not our neurotypes. We commit to psychologically safe spaces where neurodivergent individuals are:

- ✓ **Accepted**
- ✓ **Understood**
- ✓ **Supported**

Through:

- Building community among neurodivergent people and families
- Advocating for services that improve quality of life
- Ensuring access to tools, respect, and connection for all, regardless of support needs

Activities That Build Belonging

- Picnics & Pool Parties
- Playgroups for Neurodivergent Kids & Caregivers
- Support Groups for Teens, Adults & Caregivers
- Dungeons & Dragons (In-Person & Online)
- Game Nights (Video & Board)
- Special Interest Nights
- Sensory-Friendly Movies
- Silent Discos
- Cosplay Dinners & Costume Events
- Art Activities & Creative Workshops
- Restaurant Meetups
- Latino Support & Social Gatherings
- Alternative Communication Groups (ie AAC)

Driven by You

The needs and interests of our community shape our events. Tell us what you want, and we will try, better yet, volunteer to lead the program.