

Date: 4/9/2026 at 12:15 PM

Apex Psychological Services is beginning a new group therapy program for adults diagnosed with ADHD and autism, and we are currently accepting new clients on an ongoing basis! Both groups combine skills and processing. The information for the groups is as follows:

Adult ADHD Group:

Tuesdays 5:30-7pm, in-person with a hybrid option
260 Amity Road, Suite 202, Woodbridge, CT 06525
For more information, contact 203-298-4572 or
lfournier@apexpsychologicalservicesllc.net

BRIDGE Autism Group (late diagnosed adults):

Belonging, Regulation, Independence, Distress Tolerance, Growth, and Empowerment
Wednesdays 3:00-4:30pm, in-person with a hybrid option
260 Amity Road, Suite 202, Woodbridge, CT 06525
For more information, contact 203-298-4572 or
reports.drpalmisano@apexpsychologicalservicesllc.net

Insurance is accepted for groups; we accept most major insurances including Medicaid. We accept referrals both from clients directly, and from providers. Please reach out to us with any questions!

Website: <https://www.apexpsych.net/>