



The Sinneave Family Foundation

[Your Time, Your Way](#)


 In person

 Ongoing every Tuesday, Wednesday & Thursday, 5:00pm – 7:30pm


 No cost

Autism Calgary

[Autistic Support Network](#)

 In person: First Thursday of the month, 5:30–7:30 PM


 Virtual: Third Thursday of the month, 7–9 PM

 No cost

Email adultresources@autismcalgary.com to join the mailing list.

Society for Autism Support and Services (SASS)

NEW Late Diagnosed Community Social Wellness Group

 In person

 <https://www.autism.ca/workshops/>

 \$20 - \$80 registration fee

If cost is a barrier, contact: counselling@autism.ca

ND Connect

A global community built by and for neurodivergent people.

 <https://www.ndconnect.app>

 Join monthly for \$12 USD or annually for \$84 USD

If registration cost is a barrier, contact: hello@ndconnect.app

Neurodivergent Counselling Services

Sparkling Minds: Groups for Connecting with Neurokin | Virtual Groups for Recently or Late-Identified Autistic / AuDHD Adults

 <https://neurodivergentcounselling.ca/late-identified-audhd-adults>

 Cost associated; subsidy options available.

British Columbia based, open to Alberta participants.

Disclaimer:

Any external resources shared are provided for information purposes only. While Sinneave does its best to connect people with resources that are reliable, accessible, and when possible neuroaffirming, we cannot guarantee the experiences individuals may have when engaging with external organizations or services. Participation with any external service provider is at your own discretion.