



Find community with those who share your interests!

Find community with those who share your identity!

AOG Virtual Group for Autistic Adults

Join us Thursdays at 9PM ET

Unmasked, Unsilenced & Unrated

Built by us, for us — this group is a space where Autistic adults (and those figuring it out) can talk freely, vent honestly, and show up as our whole selves.

No pressure. No fixing. Just real connection in a place that actually feels good.

autismthego.org

General Autistic adult support group Thursday @ 9 PM

AOG Adult Virtual Group

A Place to Belong

BIPOC 3rd Monday of the Month at 7PM ET

This free online group is a space for Black and Brown neurodivergent and autistic adults to connect, share, and build community — across all genders and lived experiences.

To others, we are asked to hide parts of who we are. Here, you are welcome as your full self. Whether you are:

- Autistic, ADHD, or neurodivergent in any way
- Family diagnosed, self-identified, or questioning
- Seeking community, healing, joy, or simply a place to be with others who understand.

Join us to share stories, celebrate our identities, and support each other — no expectations, no pressure. Just real community.

autismthego.org

BIPOC Autistic Adult Support Group 3rd Monday @ 7 PM

Providing support & resources by and for Autistic community

Check out our website!
autismthego.org



Autism On the Go (AOG) Neurodivergent Advocacy and Resource Group (N.A.R.G.)

No Lone Wolves Adult Men's Group 3rd Tuesday @ 8 PM

AOG Virtual Group

Join us: 3rd Tuesday of the Month at 8PM ET

No Lone Wolves - Men's Group

You Don't Have to Be a Lone Wolf. A space by and for Autistic men to connect, share, and be real — together. Many men feel pressure to stay silent and handle life alone. For Autistic men, that isolation can be even deeper — but it doesn't have to be.

This group offers connection, understanding, and a chance to talk openly about life, challenges, wins, and everything in between — with others who truly get it. Come as you are. Be heard! Leave the Lone Wolf behind.

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LGBTQIA2S + Autistic Adult Support Group 2nd Monday @ 7 PM

AOG Adult Virtual Group

CELEBRATE DIVERSITY

Join us: 2nd Monday of the Month at 7PM ET

LGBTQIA2S+

Our free LGBTQIA2S+ group brings together queer, neurodivergent adults to connect, support each other, and build community.

Come as you are, whether you're new to groups or a longtime community builder. If you identify as a queer, neurodivergent adult, you are welcome here — no medical diagnosis required.

Let's gather, share stories, and support each other.

autismthego.org

AOG Virtual Group

Join us: Last Tuesday of the Month at 7PM ET

Hear From Each Other

A Community Space for All Neurotypes

Hear From Each Other is a space where individuals of all neurotypes — Autistic, ADHD, neurodivergent, neurotypical, and more — come together to share and listen in a safe, welcoming environment.

Each month, we feature speakers who identify as Autistic or on the spectrum, sharing their personal stories and experiences.

Why attend?

- Hear real stories from Autistic voices
- Build understanding across neurotypes
- Experience an inclusive supportive space
- Celebrate the beauty of diverse minds working together

Register today and be part of an inspiring experience

autismthego.org

Hear From Each Other Neuroinclusive Meeting Last Tuesday @ 7 PM

AOG Virtual Group

Join us: 2nd Sundays at 1PM

SereniTea Sanctuary A Gathering for Autistic Women

SereniTea is a gentle, welcoming virtual space for Autistic women to connect, reflect, and be themselves—without pressure to perform, explain, or mask. This group is designed for rest, resonance, and real connection.

Participation is flexible. Cameras, microphones, and chat are always optional. You are welcome to step away, stim, or observe quietly.

Speak, listen, or simply be present. We Welcome You As You Are.

autismthego.org

SereniTEA Adult Women's Group 2nd Sundays @ 1 PM



**By Us
For All**

Autistics Are:

S W Z Q L V R C U I X M P L F
 C O M M U N I T Y N L P I A J
 Y F N M C T H P R T U E H O I
 N R G O S O C H F E E C S Q E
 K H O I E U M T R R S M D C J
 L F T S G U U P K E T P N G D
 O U R E N Y D I E S V A E U W
 A M O M V E N E Y T T S I C D
 I W P P P D S T L P E A R I T
 Y K P A J T O A E P Y N F D R
 F T U T H A C C E S S M T Y K
 M M S H M T C O R E D A E L I
 I I P Y K A W V Q Y X C U T H
 M Q T H P B F D D I K N H Y Q
 P P S S F C Z A E N I T U O R

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|------------|------------|
| ACCEPTANCE | FRIENDSHIP |
| AUTISTIC | LEADER |
| EMPATHY | SENSORY |
| KIND | ADVOCATE |
| ROUTINE | COMPETENT |
| SUPPORT | INTEREST |
| ACCESS | RESPECT |
| COMMUNITY | STIM |

Connect with us at:
autismonthego.org



Autism On the Go is a registered 501(c)(3) nonprofit organization (EIN: 33-1581527) dedicated to creating inclusive spaces by and for Autistic and neurodivergent individuals.

**Your Friends, Family,
& Co-Workers**

**Hardworking, Smart,
and Kind**

**Those who struggle &
achieve**

**Deserving of support
and community across
the lifespan**

**Lovers, Political,
Religious, & Alive**

Unique & similar

**Professionals, Workers,
and Entrepreneurs**

Competent

Leaders

PEOPLE

Like you and me



Events!

**We offer in-person &
virtual events regularly!**

