

SAPNA is a Hindi word for dream. This peer-to-peer support group exists to provide a space where South Asian families and neurodiverse individuals can connect, discuss, and support their mutual needs. We want to bridge the gap and provide resources so we can help families realize and reach their goals.

Neurodiversity

- A portmanteau used to refer to variation in the human brain regarding sociability, learning, attention, mood and other mental functions in a non-pathological sense
- Neurodiversity describes a variety of neurological differences people live with. Rather than seeing these differences as disordered thinking, given the right social support systems, individuals can thrive and discover innate talents. Some examples that are included in the family of neurodiversity are autism, Attention Deficient Hyperactive Disorder (ADHD), dyslexia and Tourette's.

We meet weekly on Fridays
on Zoom, 11:30-12:30 pm

SEWA-AIFW

24/7 CRISIS LINE

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National Suicide Prevention Hotline
1-800-273-8255

Content Modified from www.nimh.nih.gov

SAPNA

South Asian Persons of Neurodiverse Abilities



Myths, Misconceptions

Being neurodivergent is not a
connected to the parents sins or bad
karma

Autism is not something to cure but
part of our diversity as humans

Try to be focused on South Asian
communities, how they think, etc.
Cultural misconceptions

Further definitions, signs and symptoms

- Unlike a physical or mental illness, such as a common cold or depression, a neurodiverse brain does not need a cure
- Social supports, such as inclusive-focused services, accommodations, communications and assistive technologies can help a person live a full life
- Although a formal diagnosis of a neurodiverse ability isn't necessary, it may help a person be eligible or receive supportive services that they might not otherwise.
- In children, early diagnosis may help support developmental growth
- In adults, a diagnosis may help bring clarity to a person who has experienced being misunderstood or missing societal benchmarks