

Building Meaningful Social Connections

A Fireside Chat for Self-Advocates

Presented by:
SCDD, Marle Chen &
Jeremy and Ilana Hamburg



Jeremy and Ilana Hamburg are the founders of My Best Social Life and creators of the Social Life 360 program, a structured social coaching and learning experience that helps adults build skills and strategies for friendship, community, dating, and social confidence.

Join us for an exciting and inspiring conversation about helping neurodivergent adults and adults with developmental disabilities build the social lives they want.

So many neurodivergent adults and adults with developmental disabilities want more than just an activity to do. They want real friendship, a sense of community, and maybe even a meaningful romantic relationship. They want to feel more confident walking into social spaces, starting conversations, meeting new people, and building connections that can actually grow.

This will be a guided conversation about the hot topic social questions that come up around friendship, dating, conversation, confidence, loneliness, rejection, and community. Join Jeremy and Ilana Hamburg of My Best Social Life for a free Fireside Chat for neurodivergent adults and adults with developmental disabilities. Jeremy and Ilana will share practical ways to make social connection feel less confusing, less overwhelming, and more doable.

We'll end with a live Q&A, so attendees can bring their own questions and hear thoughtful, practical guidance in a warm and supportive setting.

Date: September 10, 6:30 PM - 7:30 PM
Location: Virtual via Zoom

Registration Zoom Link:

<https://us02web.zoom.us/j/81093205232>

Meeting ID: 810 9320 5232

Scan the QR code to register

