



The Spa¹ce Between the Noise

A Restorative Circle to Rest, Reflect, and Reconnect with Yourself

In a world full of noise and demands, this circle is a quiet invitation inward. Inspired by the NUSHU Group model, "The Space Between the Noise" offers a space for partners in neurodiverse relationships to reconnect with themselves in community. We gather not to fix or advise, but to witness and be witnessed with compassion.

What to Expect

- **Somatic Grounding & Breathwork** to arrive in the moment
- **Guided Journaling Prompts** to reflect on what's present for you
- **Optional Sharing** within a small group of 8–10 participants
- **A Facilitated Circle** led by a certified NUSHU Group Facilitator

Sharing is always optional. You are free to pass, pause, or simply listen.

Who It's For

This space is for those who are partnered with neurodivergent individuals and are seeking a moment of restoration. Whether you feel emotionally unseen, mentally overloaded, or simply need a place to land, you are welcome here. All identities and relationship styles are respected.

Why Join

Participants often say the group offers:

¹ tessbrunetti.com/discussiongroups

- Relief from the isolation of caregiving and over-functioning
- A sense of being seen without judgment
- New insight through quiet reflection
- An embodied practice of self-tending

There is no right way to participate. There is no agenda. This is not therapy, nor is it a space for fixing. It is a space of intention, presence, and shared humanity.

Practical Details

- **Format:** 90-minute sessions held weekly (Zoom or in-person on Long Island)
- **Group Size:** Intimate setting with 8–10 participants
- **Cost:** Sliding scale available – reach out to inquire
- **Next Round Begins:** April 30

Safety & Scope

We honor your emotional agency. While the space is held with care, emotional safety is a personal experience. You are always in charge of how and when you participate.

Please Note: This is not a therapy group and is not led by a licensed therapist. If you are in crisis or need clinical support, please reach out to a mental health professional.

Ready to Learn More?

Visit tessbrunetti.com to inquire or begin the intake process.

You don't need to have the perfect words. Just a breath—and a willingness to begin.