



FIRST REGULATION

EDUCATION • COACHING • CONSULTATION

A program of Where the Light Rises

First regulation. Then endless possibilities.

Because regulation creates the foundation for learning, connection, choice, participation, and growth.

All services are currently virtual and accessible from anywhere.



COACHING, GROUPS & SUPPORT FOR YOUNG ADULTS AND FAMILIES



Social Mindfulness Club

A welcoming weekly virtual community.

- Friendship, connection, and belonging
- Mindfulness, movement, and self-regulation
- Emotional awareness and communication
- Leisure, laughter, and shared interests

5-8 participants | 60 minutes
\$40/session | \$150 four-session pass



Transition, Life & Community Skills

Practical, engaging support for adult life.

- Daily routines and independent-living skills
- Communication and self-advocacy
- Employment and community participation
- Organization, regulation, decisions, and problem-solving

5-8 participants | 60 minutes
\$45/session | \$170 four-session pass



Connection & Conversation Groups

Small groups built around shared identities, interests, experiences, comfort levels, or goals.

- Friendship and relationships
- Emotions, communication, and boundaries
- Health, personal care, confidence, and identity
- Self-advocacy, leisure, and community participation

Starting at \$40/session



Life, Executive Function & Transition Coaching

Individualized, ADHD-informed and regulation-centered.

- Planning, organization, task initiation, transitions, and follow-through
- Daily routines, appointments, responsibilities, and medication reminder systems
- Emotional and sensory regulation and recovery strategies
- Employment, community participation, communication, and self-advocacy

Initial: \$175/75 min | Ongoing: \$150/60 min
Four-session package: \$560

FAMILY & SUPPORT-TEAM CONSULTATION

Practical guidance for families and chosen support-team members.

- Regulation, sensory, communication, and executive-function needs
- Realistic routines and supports
- Post-22 transitions and adult services
- Autonomy, appropriate assistance, and consistency across settings

With the young adult's consent, collaborative check-ins can strengthen consistency across family, residential, educational, vocational, and community settings.

\$75 / 30 minutes

\$150 / 60 minutes

Not sure which service is the best fit? Reach out to begin a conversation.

meghenscho@gmail.com

FIRST REGULATION • A program of Where the Light Rises

Person-Centered • Trauma-Informed • Sensory-Aware • Neurodiversity-Affirming



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Customized virtual services for schools, transition programs, group homes, supported living, day and vocational programs, workplaces, community organizations, and staff teams.



SUPPORT FOR SCHOOLS, RESIDENCES, ADULT PROGRAMS & ORGANIZATIONS

Small Group Connection & Skills

2-4 participants

- Personalized social, emotional, life, leisure, and communication skills
- Quieter format with more individualized support
- Regulation, self-advocacy, friendship, and relationship-building

\$200/session

Program & Community-Building Groups

5-8 participants

- Strengthen belonging and group culture
- Communication, collaboration, and conflict resolution
- Emotional regulation, shared problem-solving, and supportive routines

\$250/session

Larger Customized Groups

9-12 participants

- Content designed around shared program goals
- Adaptations for varied communication and support needs
- Larger groups available by custom quote

\$325/session

Breakout rooms and adapted groupings may be used across any group when helpful. Standard planning and brief follow-up are included; extensive customization, reports, and additional meetings are quoted separately.

Staff Training & Consultation

- ADHD and executive-function awareness
- Regulation, co-regulation, and trauma-informed communication
- Sensory processing, overload prevention, autonomy, and team consistency

\$250 / 60-min consult

Training starts at \$600

Transition & Post-22 Consultation

- Individualized transition priorities and service gaps
- Vocational, social, community, and independent-living supports
- Collaboration across families, programs, and providers

Family Roadmap: \$450

Org. consult starts at \$250

Sensory-Aware Environment Consultation

- Virtual environmental review and practical recommendations
- Quiet-space, predictable-routine, and communication planning
- Staff education and implementation support

Families start at \$350

Organizations start at \$750

Monthly Program Partnerships

- Recurring groups or consultations
- Collaborative planning and limited communication
- Brief resources or follow-up tailored to program needs

Partnerships start at \$325/month

MEET MEG HENNESSEY SCHOFIELD

Meg Hennessey Schofield is a special educator and transition-focused coach with approximately 16 years of experience in highly specialized educational settings and transition programming. She has supported students and young adults with varied intellectual, developmental, neurological, communication, sensory, physical, executive-function, and social-emotional needs.

Her work combines transition planning, practical life skills, vocational exploration, community participation, self-advocacy, ADHD-informed executive-function support, emotional regulation, sensory awareness, and collaborative problem-solving. Meg is known for building trusting, nonjudgmental relationships and creating individualized supports around each person's strengths, goals, interests, communication style, sensory needs, and preferred pace.

Her experience navigating concussion recovery and invisible disability has further strengthened her understanding of cognitive fatigue, accessibility, pacing, sensory overload, and whole-person support.

WHAT MAKES FIRST REGULATION DIFFERENT

First Regulation fills the practical space between school, home, work, and adult services. It combines individualized education, coaching, collaborative planning, regulation support, transition skills, and real-life follow-through.

Meg helps connect people and support teams while keeping each person's voice, dignity, strengths, preferences, and goals at the center.

First Regulation provides non-clinical coaching, education, consultation, collaborative planning, and practical skill-building. Services do not replace psychotherapy, occupational therapy, medical care, crisis support, medication administration, or other clinical treatment.

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