

My Best Social Life

Our Social Life 360 program empowers neurodiverse and autistic adults with the skills and strategies to find community, make new friends, land dates, and build relationships, all while providing them with the necessary wrap-around support and an uplifting community.

Our clients and their parents are part of our online communities, both local and worldwide, ensuring they have the companionship and support of others on a similar journey. Depending on the location, our clients organically organize get-togethers and attend social events together.

We use a combination of group coaching, individual coaching, and asynchronous daily training modules to teach the skills and strategies for becoming part of local communities and fostering friendships and relationships. The training modules break down the A-to-Zs of socializing using formulas, diagrams, and step-by-step processes, enabling our clients to make sense of the social world in a way that aligns with their brain wiring.

The core program spans 12 weeks, offering an enriching and transformative experience for our clients. We provide a free 90-minute Strategy Session for any family whose autistic or neurodiverse adult is ready to take the next step in their social life.

About Us

Jeremy and Ilana Hamburg are friendship and dating coaches who teach the strategies and skills that empower autistic and neurodivergent adults to find community, make friends, start dating, and build relationships. Ilana has over 16 years of experience as a special education teacher in New York City, and Jeremy has over 14 years of experience as a social coach for autistic and neurodivergent adults.

Let's Connect!

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[Click here to schedule a no-cost Strategy Session for your family!](#)

Private Pay and Self
Determination Program
funding welcome.

Tuition ranges between
\$4,900 and \$7,000.

