

## Meet Life Launch's co-facilitators

RAIA LIPFORD  
MSEd, LPC, NCC,  
CAS

**Raia (She/Her) is a Licensed Professional Counselor and a Certified Autism Specialist that is passionate about bring forth effective nuero-affirming care.**

**She is passionate about accessible care and has worked with Autistic individuals in the community, schools, individual and group settings.**



JASON PECKELS,  
MSEd, LCPC, NCC

**Jason is a Licensed Clinical Professional Counselor with 24 years of experience supporting clients. He takes a Person-Centered approach to create a supportive, values-driven space.**

**In a group setting like Life Launch, Jason helps neurodiverse people build connection, self-awareness, and practical tools for navigating life authentically.**



**Along the Path**  
Counseling Services, P.C.

### Get in Touch

815-397-4287

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**Tools. Support. Confidence.**  
**Your Life, Launched**

ALONG THE PATH  
COUNSELING SERVICES

**Life Launch is a supportive, LPC/LCPC-led group for autistic adults looking to build real-world skills while prioritizing mental health and well-being.**

# Modules and Dates

## Independent Living Skills

**9/16/25-10/12/25**

## Relationships & Dating

**10/19/25-11/18/25**

## Career Exploration & Planning

**1/13/26-2/10/26**

## Mental Health & Self-Advocacy

**2/17/26-3/17/26**

# What is Life Launch?

## Strengths-Based Skills Building

Group participants can expect trained mental health professionals who are passionate about providing tailored care for each client in a group setting.

Across 4 modules, 5 weeks each, participants will learn and apply skills designed to address common difficulties autistic people may encounter throughout life.

Life Launch will be open to 8-15 individuals ages 18+ with no limitations on gender. The same 8-15 individuals will complete each of the modules together.

## Group Applications

Life Launch's application of skills in a group setting sets apart traditional, individual-based approaches. Qualified practitioners utilize evidence-based approaches to provide participants with a worthwhile and productive experience.

# FAQ:

How much will this group cost?

**The cost per group session is \$50, or \$250 per module. The cost may be covered by insurance.**

What Insurances does Along the Path Accept?

**Along the Path accepts Blue Cross Blue Shield, Aetna, Cigna, Anthem, and Medicare. To be sure your specific plan is accepted, call 815-397-4287.**

What do I need to start the group?

**First, call 815-397-4287 to schedule a 15-minute screening appointment with one of the co-facilitators. We will require some documentation to be completed prior to the screening, which will be discussed during your initial phone call. For a more detailed look at the process, please see our website at <https://www.alongthepathcounseling.com>**

Who is a good fit for this group?

**A good fit for Life Launch is an Autistic individual who is requiring substantial support. This person should be willing to consider new ideas and possibilities for themselves. While we value all communication styles, this particular group focuses on spoken dialogue and is intended for those who communicate primarily through speech. A commitment to attending all modules is required for entrance to the group.**