

MOSAIC MINDS CENTER FOR AUTISM & NEURODIVERGENT LEARNING

Community Newsletter | Serving Washington, Pitt County & Northeast North Carolina

A Place to Breathe, Reset, and Reconnect

Families across Washington, Pitt County, Beaufort County, Craven County, Martin County, and surrounding communities have long faced limited access to specialized therapeutic environments. Mosaic Minds Center for Autism & Neurodivergent Learning is proud to bring a professionally designed Multi-Sensory Environment (MSE) to Washington, North Carolina — expanding access across Northeast North Carolina. This is more than a room. It is a regulation resource for the entire lifespan.

Supporting Children and Families

A Multi-Sensory Environment supports children experiencing sensory processing differences, autism, ADHD, anxiety, and developmental delays. When the nervous system is regulated, learning becomes possible.

- Reduction in emotional meltdowns
- Improved self-regulation skills
- Increased attention and classroom readiness
- Support for IEP and MTSS-B goals
- Safe de-escalation during overload

Supporting Adults and Caregivers

Stress and nervous system overload affect adults as well. Structured sensory regulation promotes wellness and emotional grounding.

- Reduced stress and anxiety
- Activation of calming neurological responses
- Support for trauma recovery
- Restorative wellness experience

Enhancing Quality of Life for Seniors & Individuals with Dementia

Research on sensory stimulation in older adults demonstrates meaningful benefits in dementia and memory care settings.

- Reduced agitation and behavioral distress
- Improved mood and engagement
- Activation of long-term memory pathways
- Increased social interaction

Regional Commitment

Mosaic Minds is committed to expanding access across Washington, Pitt County, Beaufort County, and surrounding Northeast North Carolina communities. Access to innovative sensory regulation support should not depend on geography.

To learn more about Multi-Sensory Environment sessions, community partnerships, or scheduling information, please visit our website or contact Mosaic Minds Center for Autism & Neurodivergent Learning directly. Every nervous system deserves support.