**Meet Your Needs Class Description**

In this webinar we will explore how to know what you need, and how to get it!

In this webinar we will cover:

- Different types of needs and how to meet them

- How to identify your needs (including with Alexithymia)

- How to identify your responsibility in having your needs met

- Communicating your needs to others

- Asking for accommodations (home, work, school, etc)

- Believing that you deserve to have your needs met

We hope you enjoy it!