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Our mission is to inspire and enable empowering social programs, accessible education, and inclusive local communities that embrace autism, ADHD, and neurodiversity by following the lead of neurodivergent people themselves.

We are ecstatic, to begin with, our first newsletter! "Kindness can become its own motive. We are made kind by being kind". And that is what Kind theory is all about! Here at Kind Theory, our goal is to build a kinder world for neurodivergent people: one where systems, communities, and individuals promote their strengths, support them through their struggles, and welcome their differences. In short, we believe in being kind to everyone. And our team, together with the help of the neurodiverse community, makes up the "Kind Theory".

Our vision is to cultivate acceptance, inclusion, and celebration of neurodiversity through education and opportunities here in United States and globally. **How do we do that?** We do that by extensively collaborating with the autistic and ADHD communities and by forming meaningful partnerships with individuals and organizations. Through these efforts we develop educational opportunities and resources that dispel myths, challenge stigma, and invite compassion. We work closely with local schools, businesses, and police departments, connecting them to resources that ensure their environments and policies are inclusive, equitable, and respectful of neurological differences. We believe that neurodivergent people are inherently worthy of support, autonomy, celebration, and love—exactly as they are right now.



## EXCERPT FROM OUR FEATURED ARTICLE

**| by Emily Morson**



*"So, I simply grew up knowing I was different. I talked, read, pretended, and felt more than other kids around me. I was the only child in the neighborhood who had allergies or meltdowns. That's the thing about growing up undiagnosed: you're still different, you just don't know why. Neither does anyone else."*

To access full article, please visit:  
<https://www.kindtheory.org>

## PREVIOUS PROJECTS

***Kindness begins with the understanding that we all struggle.*** Human interaction plays such an important role in learning, growth and development. We understand the importance of diverse human interactions which is why our team continuously strives to create and execute projects and educational opportunities that enable interaction between neurodiverse and allistic (neurotypical) communities.

### Winter Jingles Project

In honor of the World Kindness Day, Kind Theory partnered with Autism-Wish to provide sensory support materials to 50 neurodivergent children.

Autism Wish is a non-profit organization that helps families provide their autistic children with the simple yet effective toys and sensory items they need.

(<https://autismwish.org/>)



### Panel Discussion

The technological world is advancing and so are we! On the 22nd of April, 2022, We had an amazing informative discussion session on the role that transformative technology plays for neurodivergent people. Our panel participants included Quincy Hansen from Speaking of Autism & Niko Boskovic. The discussion focused on the pragmatic view of transformative technology from actual experiences lived by young and talented neurodivergent individuals in academic environments.



### Representation of Autistic Authors at Frisco Public Library

As a neurodivergent led organization, we strongly believe in increasing representation of neurodivergent people in all walks of life. On April 23, 2022, we featured autistic authors Eric Garcia, Ido Kedar, Kerry Magro, Morenike Giwa Onaiwu, Naoki Higashida and many more. We also shared neurodiversity affirmative educational material with the residents of Frisco City.



## PREVIOUS PROJECTS

### Juneteenth at Haggard Park

Kind Theory stands for equity, acceptance and inclusion for all. On June 18th, 2022, Kind Theory celebrated Juneteenth, a day that commemorates the end of slavery, in the United States of America. We provided free of cost neurodiversity educational material, sensory support activities and games and shared resources with the festival attendees.



### Autistic and Artistic Virtual Art Class by Anthony Galati

Art is not what you see, but what you make others see! Arts is therapeutic, it helps with interpreting and expressing emotions and thoughts. When words do not help, art comes into the picture. Art is what empowers us to express ourselves as freely as we can which is why we partnered with Anthony Galati for a virtual art class. Anthony Galati is an award-winning artist has a Bachelor of Fine Arts in Painting from Tyler School of Art, part of Temple University.



### Autistic Artist's Representation at Moody Performance Hall Dallas

At the Ballet North Texas' Sensory Performance of Sleeping Beauty on May 7th, 2022 - Kind Theory featured Autistic Artists including but not limited to J A Tan, Marcelle Ciampi, M.Ed. (aka Samantha Craft), and Amanda Porche a New York city based autistic artist. In addition to featuring neurodivergent artists, we also offered sensory support materials to all the attendees.





## BOOK-READING SESSIONS

### "Sincerely, Your Autistic Child"

Kind Theory's very first book reading session featured the book, "Sincerely, Your Autistic Child" – A diverse collection of autistic voices that highlights how parents can avoid common mistakes and misconceptions, and make their child feel truly accepted, valued, and celebrated for who they are. We were joined by the two authors/contributors of the book, Kayla Rodriguez and Morenike Giwa Onaiwu. This session was prerecorded and later streamed on April 29th, 2022.



### Book-Reading with Quincy Hansen

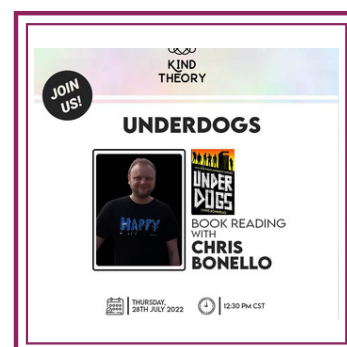
Featuring interviews with young autistic change-makers and addressing issues like self-image, harmful stereotypes, and communication barriers, Quincy Hansen's Shake It Up! aims to build readers' confidence, and inspire them to take action to change the world to be a better place. We had a live book reading session of Shake It Up, by the author Quincy Hansen, which was held on 14th August 2022.



## BOOK-READING SERIES

### Underdogs by Chris Bonello (An Ongoing Series)

"In an era when fictional representations of neurodiversity and disability are on the rise, Underdogs goes beyond mere tokenism and introduces a whole cast of teenagers who think differently, balancing their inbuilt advantages with their personal challenges." Sounds amazing, right? We had our first-ever book-reading session of Underdogs, live on 28th July 2022. featuring the author himself- Chris Bonello! Following the immense response to the first session, Kind theory held two more sessions on 28th September and 26th October 2022 respectively. This series is planned to continue.



## DIGITAL SPOTLIGHTS



**Katie Oswald**

Our very first spotlight feature is Katie Oswald – Founder of the Full Spectrum Agency. Katie is a self-advocate and has a mission to help neurodivergent individuals excel in their life. She hosts peer support groups, discussion groups and many programs for autistic adults.



**Dr. Tahleel Javed**

Dr. Javed is a passionate young doctor hailing from Pakistan and currently working in the UK. She is a published author in peer-reviewed journals. She is the CEO of the Society for Tourettes, Autism and Neurodiversity (STAND) a global charity, registered in the UK that campaigns to promote awareness about neurodevelopmental conditions via the neurodiversity approach.



**Maisie Soetantyo**

Maisie is autistic and works as an inclusivity consultant. She is also the founder of Autism Career Pathways. Her advocacy and efforts for the autistic community has empowered many autistic people all across the spectrum.



**Jaime A. Heidel**

"Jaime A. Heidel – The Articulate Autistic" is a late-diagnosed autistic/ADHD woman who has dedicated her life to helping neurotypical people better understand and communicate with their autistic loved ones and vice versa. Jaime knows, firsthand, the pain of a lifetime of being misunderstood, bullied, ostracized, and denied employment opportunities simply because she's different. If she can prevent just one person from growing up and experiencing life the way she did, it will all be worth it.



**Said Shaiye**

Said Shaiye is a Muslim, Somali, autistic writer, and photographer. In partnership with unrestricted Interest, Said also teaches poetry classes for autistic kids. He also offers them an option of publication with Chapbook Publication for interested students. Said believes in people of all communication styles and abilities and stands for diversity and inclusion.

### OUR TEAM



**Samar Waqar**  
Founder / Executive Director

Samar is a passionate neurodiversity advocate. While she was diagnosed as an adult, her childhood was inherently spent knowing and believing within her heart that she was different. She only formally pursued an evaluation after the diagnosis of her son. Samar has two neurodivergent children and is super proud of them. Samar has an MBA degree with a focus on Project Management and is currently pursuing an ALM (Liberal Arts Masters) in Psychology.



**Dr. Laura Z. Weldon**  
Board Chair

Laura Z. Weldon, ND, MS is a neurodivergent naturopathic physician who loves exploring how people think, feel, sense, and connect. Dr. Weldon earned a doctorate in naturopathic medicine and a master's degree in integrative mental health. Her interdisciplinary research currently focuses on the pathophysiology and treatment of autistic burnout, and her work advocates for a neurodiversity paradigm shift across both medicine and society.



**Morenike Giwa Onaiwu**  
Board Member

Morenike Giwa Onaiwu is a global advocate, educator, disabled person of color, and parent of children on the autism spectrum. She is A prolific writer and social scientist/activist whose work focuses on intersectional justice, meaningful community involvement, human rights, and inclusion, Morénike is recognized as a leader in various social justice activism endeavors.



**Amun**  
Operation Manager

Amun Malik is an enthusiastic student majoring in psychology, energetic and keenly motivated to learn and experience new things. She enjoys working with kids and believes in empowering and accepting neurodiversity, so when the opportunity to be a part of Kind Theory came, she took it in a heartbeat.



**Kashif Hameed Qureshi**  
Board Member

Kashif Hameed Qureshi is a Performance Engineering Manager at Paycor Inc. He has a Masters of Science degree in Project Management. Kashif is also a philanthropist and supports people in need in developing countries. Working in corporate America for years has made Kashif realize how corporations lack a pragmatic approach toward neurodiversity inclusion



**Ayesha Ijaz**  
Content Developer

Ayesha is a Psychologist with a Masters of Science degree in Clinical Psychology. She loves poetry and identifies as a highly sensitive person. She loves cats and is actively involved in rescuing animals in need. Ayesha believes in the power of empathy and the beauty of inclusion.