



MOSAIC MINDS
CENTER FOR AUTISM &
NEURODIVERGENT LEARNING

MULTISENSORY ENVIRONMENT (MSE)

A Place to Breathe, Reset & Reconnect

Supporting Regulation, Wellness, Focus, and Emotional Balance Across the Lifespan



A REGULATION RESOURCE FOR THE ENTIRE *Lifespan*



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 is proud to bring a professionally designed **Multisensory 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 & TEENS

A Multi-Sensory Environment supports children experiencing sensory processing differences, autism, ADHD, anxiety, and developmental delays.

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



SUPPORTING ADULTS & CAREGIVERS

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

- Reduced stress & 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 memory care settings.

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

MORE THAN A ROOM

The Mosaic Minds MSE is a structured regulation environment intentionally designed to support calm, focus, emotional safety, and meaningful engagement across all stages of life.



VISUAL STIMULATION



TACTILE & PROPRIOCEPTIVE EXPERIENCES



CALMING LIGHTS & SENSORY INPUT



SAFE, COMFORTING ENVIRONMENTS



SUPPORTING FOCUS, REGULATION & GROWTH



SERVING EASTERN NORTH CAROLINA

- Washington County
- Pitt County
- Beaufort County
- Craven County
- Martin County
- Surrounding Communities



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.

Let's Work Together

TO SUPPORT EVERY NERVOUS SYSTEM.

To learn more about MSE sessions, community partnerships, or scheduling information, contact us today!



VISIT
www.mosaicmindscenter.org
for more information



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EVERY NERVOUS SYSTEM *DESERVES SUPPORT.*