



Lauren Foster

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Director of Speech Pathology, Super S.T.A.R.S.

I'm a nationally certified Speech-Language Pathologist and Certified Natural Health Professional with over 30 years of experience in pediatric therapy and integrative wellness. At Super S.T.A.R.S., I have the privilege of leading a dedicated team of SLPs who share my passion for providing whole-child, neurodiversity-affirming care.

My journey into this field began in an unlikely place—New York City's fashion industry. After working as a Product Coordinator at Ralph Lauren, I realized I was craving a career with more heart and purpose. That realization led me to pursue a Master's degree in Speech-Language Pathology, and I've never looked back.

Since then, I've had the honor of training under incredible mentors like Dr. Martha Taylor Sarno and Monica Wojcik and serving in clinical roles at Children's Specialized Hospital, Children's Healthcare of Atlanta, and other leading institutions. My work has always centered around helping those who communicate differently—whether it's infants with medical complexities, children with autism or ADHD, or families navigating sensory and feeding challenges.

Over time, I became deeply interested in the connection between communication, nutrition, and the nervous system. That curiosity led me to explore integrative therapies, including Emotional Freedom Technique (EFT), Reiki, and trauma-informed approaches. Today, I blend traditional speech-language therapy with holistic practices to support children in a way that honors their full being—body, mind, and spirit.

In addition to my clinical work, I'm the founder of The Powerful Project, a nonprofit. I also co-lead The Connected Family Community, where I support caregivers of neurodivergent children through coaching, education, and connection.

At Super S.T.A.R.S., I'm proud to lead a program built on trust, collaboration, and curiosity. I believe in the power of safe, attuned relationships to transform lives—and I remain deeply committed to walking alongside families as they grow.

My approach is grounded in the belief that connection must come before correction, and that when we create respectful, nurturing environments, children and families thrive.