

Childhood Neurodivergence Parent/Carer Workshops

Free Upcoming Virtual workshops on Childhood Neurodivergence:

- Understanding and supporting your child when they are hurting themselves
- Managing Parental/Carer Stress
- Supporting your Child/Young Person with Low Mood

Pre-recorded Workshops and Resources

- Supporting your Child's Education
- Understanding and Supporting Behaviour
- What you Need to Know as a Parent/Carer
- Supporting your Neurodivergent Teenager
- Understanding and Supporting Sensory Needs
- Understanding and Supporting Eating Difficulties
- Supporting Planning, Organising and Remembering



Access here: <https://www.suffolklocaloffer.org.uk/health-and-wellbeing/autism-adhd-and-neurodevelopment/neurodiversity-online-parentcarer-workshops>