

Childhood Neurodivergence Parent/Carer Workshops

Free Upcoming Virtual workshops on Childhood Neurodivergence:

- What you need to know as a parent/carers
- Supporting Your Child with Anxiety
- Understanding and Supporting Sleep Difficulties
- Understanding and Supporting Eating Difficulties

Pre-recorded Workshops and Resources

- Navigating the Diagnosis Journey
- Understanding and Supporting Sensory Needs
- Supporting Your Child's Social Relationships
- Supporting Your Neurodivergent Family
- Managing Parental/Carer Stress

...And more!



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