

# Childhood Neurodivergence Parent/Carer Workshops

Free Upcoming Virtual workshops on Childhood Neurodivergence:

- Supporting your child/young person with low mood
- Understanding and supporting eating difficulties
- Managing Big Feelings
- Supporting Your Neurodivergent Teenager

Pre-recorded Workshops and Resources

- Childhood Neurodiversity: What you need to know as a parent/carers
- Supporting social relationships
- Supporting your child/young person's education
- Supporting anxiety

And more..!



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