

# Childhood Neurodivergence Workshop Programme

## Parent/Carer Workshops Autumn Term 2025

Neurodiversity means that across the population there is variation in people's brains. Having people in society who see the world differently and have unique skills is an important part of life to be celebrated. The term "neurodivergent" refers to people whose brains work differently to the typical cultural standards. Neurodivergence includes conditions that people are born with including autism, ADHD, learning disability and learning disorders.

This programme of free virtual workshops supports families in Suffolk. The workshops explore nurturing the unique strengths of neurodivergent children and young people and provide advice on how to support them with the challenges they face. The workshops are live on Zoom and are 90 minutes long. Recordings of the workshops and resource packs are sent after the live event to everyone who has registered.

### Understanding and Supporting Behaviour

When distressed, neurodivergent children and young people may show behaviours that are difficult for the adults around them. This workshop explores how to understand behaviour and how parents/carers can support their neurodivergent child with behaviours of distress.

**Wednesday 24<sup>th</sup> September – 13:00** [Book Here](#)

### What you need to know as a Parent/Carer

What is neurodivergence? What is autism, ADHD and learning disability? Does my child need a diagnosis to get support? This introductory workshop will answer these questions and introduce where parents/carers can find advice and guidance for supporting their neurodivergent children.

**Monday 20<sup>th</sup> October – 13:00** [Book Here](#)

### Supporting your Child's Education

For parents/carers of school aged children and young people. Many parents have reported the struggles their children are facing in education. This workshop will provide advice and guidance on how parents/carers can navigate some of the challenges they will likely be facing.

**Thursday 20<sup>th</sup> November – 12:00** [Book Here](#)

### Supporting Your Child with Anxiety

This workshop explores why neurodivergent children and young people may develop difficulties with anxiety and how parents/carers can best support them. We will look at how this may present in neurodivergent children and young people and offer practical advice and valuable strategies and tips to support your child or young person in this area.

**Thursday 11<sup>th</sup> December – 12:00** [Book Here](#)

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and carers can support the young people in their life. To access upcoming workshops, prerecorded workshops and resources in our Childhood Neurodivergence series, scan this QR code or click on the link below:

[Childhood Neurodivergence parent/carers workshops - Suffolk Local Offer](#)

