

Childhood Neurodivergence Workshop Programme

Parent/Carer Workshops Spring Term 2026

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.

Managing Parental/Carer Stress

For parents/carers of children aged 0-18 years. Research suggests that parents of neurodivergent children and young people experience greater stress than parents/carers of neurotypical children and young people. This workshop will explore the reasons for this and consider some ways to manage parental stress and support your own wellbeing.

Thursday 29th January – 13:00 PM [Book Here](#)

Supporting Your Child/Young Person with Low Mood

Everyone has days when they feel low, this is normal. Sometimes this low mood hangs around for longer and starts to make it difficult for our children and young people to do the things that are important to them. This workshop supports you to have a better understanding of why neurodivergent children may be vulnerable to low mood, the warning signs, and provide you with strategies to support your child or young person.

Thursday 12th February – 12:30 PM [Book Here](#)

Understanding and Supporting your child or young person when they are hurting themselves

Is your child doing things to hurt themselves? This is a workshop to help you understand why your child may be hurting themselves and consider ways you can support them. This workshop will be delivered by the Psychology in Schools Team (NSFT) and is part of the Neurodevelopmental Workshop Series.

Thursday 26th March – 13:00 PM [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](#)

