

Childhood Neurodivergence Workshop Programme

Parent/Carer Workshops March – August 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.

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](#)

Supporting Your Neurodivergent Family

For parents/carers of families with multiple neurodiversity needs. Research suggests that neurodiversity often runs in families. Whether you are neurodivergent yourself or have multiple children with different needs, this workshop will consider the experience of caring for neurodivergent families and what strategies may be helpful when supporting multiple need households.

Thursday 16th April – 13:00 PM [Book Here](#)

Supporting Your Child's Social Relationships

For parents/carers of children aged 0-18. This workshop will discuss social relationship difficulties for neurodivergent children, and how parents/carers can support their children with understanding and managing social relationships. We will cover topics on friendship, family relationships and social relationships.

Thursday 21st May – 12:00 PM [Book Here](#)

Understanding and Supporting Sensory Needs

What are the different sensory systems? What might sensory processing differences look like in children and teenagers? This workshop will answer these questions and explore how parents and carers can support a child's sensory needs.

Wednesday 24th June – 13:00 PM [Book Here](#)

Navigating the Diagnosis Journey

Navigating the outcome of a diagnostic assessment for autism/ADHD can feel overwhelming for parents/carers and young people. Whether your young person has received a diagnosis or not, this workshop will explore some of the common feelings associated with different diagnostic outcomes. Moreover, it will explore different ways we can speak to children and young people about diagnosis and consider how we can best support them with navigating their diagnostic journey.

Tuesday 14th July – 13:00 PM [Book Here](#)

Supporting Planning, Organising and Remembering

This workshop will explore cognitive differences in childhood such as planning, organising and remembering things. The workshop will consider how these differences can impact on day-to-day life and give advice on how parents/carers can support their children and young people with cognitive difficulties.

Monday 17th August – 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/carer workshops - Suffolk Local Offer](#)

