

# Childhood Neurodivergence Parent/Carer Workshops

Free Upcoming Virtual workshops on Childhood Neurodivergence:

- Parental/Carer Stress
- Understanding and supporting sensory needs

Pre-recorded Workshops and Resources

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

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

