



Navigating Neurodiversity

A free, four week course to help you understand neurodiversity and to find strategies to help your child.

Rise Park
Primary at
1.15pm
Tuesday 25th
November

Home learning activities provided to help you understand your child's individual needs.

Learn strategies to help your child manage their emotions and sensory needs,

Meet other people in a similar position and share strategies and ideas.



- ★ All parents, carers and family members welcome
- ★ Refreshments provided

You will discover:
What neurodiversity means and aspects of different types of neurodivergence.
The difference between sensory seeking and sensory avoidance.
How to help your child when they feel 'big' emotions.

An approved delivery partner of Community & Family Learning



This course is funded by Nottingham City Council's Community & Family Learning Service With Funding From East Midlands Combined County Authority.