



Neurodiversity at Home: Practical Strategies for Everyday Family Life

A 6-Week Group for Parents of Neurodivergent Children and Young People



Together We Will Explore Practical Strategies to Help Parents:

• Understand patterns behind behavior	• Reduce overwhelm
• Communicate more effectively	• Support anxiety and emotional regulation
• Build confidence and independence	• Try strategies at home using the Test - Learn - Adjust model

Group Details

- Group is aimed to support parents and guardians with Secondary School children
- Group runs from Tuesday 21 April 2026 to 2 Jun 2026
- 6 weekly sessions, with a one-week break for half term (week starting 25th May)
- Every Tuesdays, 9:30am to 11:00am @ The Green Room, Bournehall Primary School, WD23 3AX

Parents and Guardians are required to attend all 6 sessions. Sign up now at: <https://buytickets.at/dspl9/2124484>