

Supporting mental health - children and young people with neurodiversity



OVERVIEW

For parents & carers of children and young people with traits of or diagnosed neurodiversity who have mental health problems and demand avoidance behaviours.

The aim of this informal parent & carer forum is to strengthen approaches in supporting positive mental health and manage challenges and negative behaviours, positively. We will explore and introduce tools to identify triggers, increase emotional literacy and share and explore practical tools that can be used at home and in conjunction with educational settings.

The session will be led by and Rachel Lambie, CEO and dramatherapist and Viv Ofstedahl Training and MH lead in Educational settings from **Nessie**.

Date: Tuesday 23rd November 2021

Time: 1:30 p.m. – 2.30 p.m.

Venue: Online [A link will be sent out via email on the morning of the training]

To book a place please click [HERE](#)

Or visit: nessieined.com/events

Helping children and young people thrive.

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