



WYNESS Workshop - Offer



Neurodevelopmental
Early Support Service

• Empowering Children & Families •

Workshop 1 - Sleep challenges

Understand how to support neurodivergent children and young people who have difficulty sleeping

Workshop 2 - Food sensitivities

Understand how to support neurodivergent children and young people who have sensitivities with food

Workshop 3 - Managing behaviour and emotions

understand how to support neurodivergent children and young people who have difficulty regulating their emotions and behaviour

Workshop 4 - Support in education

Understand what support is available to neurodivergent children and young people in school

Workshop 5 - Parent Wellbeing

Understand how to look after yourself whilst caring for a neurodivergent child or young person



Book your workshop here



<https://forms.office.com/e/brdFAPhKmt>

WYNESS workshops offer an informative introduction to understand some of challenges our children, young people and families experience. Our Workshops are informal and are built on lived experience, offering information and strategies to support families. **Please note** we are not trained Therapists or Medical professionals. Support to access services is provided in the content of each Workshop.