

There are opportunities for parents/carers within York to access free neurodiversity webinars as part of the York Neurodiversity Programme in partnership with the ADHD Foundation.

Workshops for Parents/Carers of children and young people attending a York setting or school:

These live, 90-minutes sessions are available exclusively online for parents/carers of children in a York setting or school. They are designed to help parents/carers understand and support their child's unique needs.

Autumn term 1

- [Understanding and supporting emotional self-regulation – Thursday 10 October from 10.00am](#)
- [Understanding your child's early development \(age 7 and under\) – Monday 14 October from 1.00pm](#) *** please note this is a change of date, the original date was 30 September.*
- [Understanding and supporting sensory integration – Wednesday 23 October from 7.00pm](#)

Autumn term 2

- [Understanding and supporting ADHD – Tuesday 12 November from 10.00am](#)
- [Understanding and supporting sensory integration – Thursday 21 November from 10.00am](#)
- [Understanding diet and nutrition – Wednesday 27 November from 1.00pm](#)
- [Understanding and supporting emotional self-regulation – Wednesday 4 December from 1.00pm](#)
- [Understanding your child's early development \(age 7 and under\) – Wednesday 11 December from 1.00pm](#)

The dates and times above link to the specific booking pages and you can also access information here: <https://www.raiseyork.co.uk/news/article/19/york-neurodiversity-programme-2024-parent-and-carer-webinars>