

## 2024 Neurodivergent Parenting Group

A seven-week group focusing on the challenges and joys of parenting neurodivergent youth and teens. This will be a small, confidential online group for parents of youth and teens with ADHD and Autism.

The cost is \$95 per participant for all six weeks (incl. GST)

\*Yes, we offer sliding scale fees for low income families.

**Who:** Parents and caregivers of Autistic and ADHD youth & teens. The group will be limited to a maximum of six participants.

The facilitator is Jillian Enright, a neurodivergent parent, Autism & ADHD specialist, parent coach, advocate, and founder Neurodiversity Manitoba.

**What:** A seven-week group focusing on the challenges and joys of parenting neurodivergent youth and teens.

**Where:** The meetings will be held via Zoom.

**Why:** To provide information which will help parents and caregivers be better equipped to support their neurodivergent youth & teens. To connect with fellow parents who share similar experiences, and to provide mutual support.

**When:** The meetings will be held Wednesday evenings, 6:00-7:30pm CT, from January 17 to March 6, 2024.

\*No meeting on February 14 for Valentine's Day.

**How:** To register, please sign up on my website, or contact [Jillian@NeurodiversityMB.ca](mailto:Jillian@NeurodiversityMB.ca)

**Note:** The deadline to register is Friday, December 22, 2023  
\*Please note, registration will close earlier if all spaces are filled.

# Neurodivergent Parenting Group Outline

## Week one: ADHD & Autism Essentials

- We'll spend much of the first week getting to know one another and establishing some common group learning goals.
- We'll also cover essential information all parents need to know about ADHD, Autism.

## Week two: Emotional Regulation and Co-regulation

- Emotional regulation (and dysregulation) can be one of the most significant challenges for Autistic and ADHD children (and for their parents).
- We'll talk about what this looks like in every day life, and how we can support our children to develop self-regulation skills.
- We'll also talk about how to keep our cool when our own internal responses are also becoming dysregulated.

## Week three: Effective Communication

- Understanding communication differences.
- Echolalia, scripting, precise language, and direct & non-verbal communication.
- Communicating effectively with ADHD & Autistic kids.

## Week four: Challenging Behaviours

- A frank and open discussion about the difficult and concerning behaviours our youth & teens sometimes display.
- Compassionate, evidence-based strategies for supporting our children, and for working through challenging behaviours.

## Week five: Advocacy & transitions

- A discussion of common challenges our children encounter at school, and effective ways to advocate for our children at school and in our communities.
- Advice for preparing our children for transitions from elementary to junior high, and from junior high to high school.

## Neurodivergent Parenting Group Outline

### Week six: Review and parent-led discussions

- The conversations in the last week will be based on the goals parents and caregivers expressed in the first weeks, as well as questions and discussions which arose throughout the group sessions.

### Week seven: Executive Functions

- A discussion of the various executive functioning challenges Autistic and ADHD children often experience, and strategies for managing these difficulties. Further discussion around any unanswered questions for those who would like to continue the conversation.

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## Fall Neurodivergent Parenting Group Info

The cost is \$95 per participant for all six weeks (incl. GST)

\*Yes, we offer sliding scale fees for low income families.

**Where:** The meetings will be held via Zoom.

**When:** The meetings will be held Tuesday evenings, 6:00-7:30pm CT, from January 16 to March 6, 2024.

**How:** To register, please sign up on my website, or contact [Jillian@NeurodiversityMB.ca](mailto:Jillian@NeurodiversityMB.ca)

**Note:** The **deadline to register is Friday, December 22, 2023**  
\*Please note, registration will close earlier if all spaces are filled.