

Neurodivergent Parenting Group

A six-week group focusing on the challenges and joys of parenting neurodivergent children. This will be a small, confidential online group for parents of school-age children with ADHD and Autism.

The cost is **\$75** 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 children. 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 six-week group focusing on the challenges and joys of parenting neurodivergent children.

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 children. To connect with fellow parents who share similar experiences, and to provide mutual support.

When: The meetings will be held Tuesday evenings, 6:00-7:30pm CT, from April 11 to May 16, 2023.

How: To register, please sign up through our facebook event page, or contact Jillian@NeurodiversityMB.ca

Note: The deadline to register is Friday, March 24, 2023

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: Executive Functions

- 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 children sometimes display.
- Compassionate, evidence-based strategies for supporting our children and working through challenging behaviours.

Week five: Advocacy

- A discussion of common challenges our children encounter at school, and effective ways to advocate for our children at school and in our communities.

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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.



Early-bird discount

~~\$75~~ **\$60**

**Register before Friday,
March 17 and save 20%**

**Payment can be made by using the
PayPal button on my website at**

NeurodiversityMB.ca/parent-groups