

# The Umbrella Sessions

Information and support for parents and carers of children and young people with Neurodiversity

- Has your child got a diagnosis of ADHD or Autism?
  - Are you on the way to getting a diagnosis?
  - Are you on the Neurodiversity Journey?
- ANSWERED YES TO ANY OF THESE?**

**Then the Neurodiversity training programme is for you**

**The sessions will use person-centred approaches to build understanding of your child's Neurodiversity and increase resilience to support them on their journey in a positive and empowering way**

**Sessions are at Spotland Mill, Rochdale, OL11 5BU**

- **Neurodiversity all about it**  
**Thursday 21st September 12noon-2pm or 6pm-8pm**
- **ADHD, medication and alternative interventions**  
**Thursday 28th September 12noon-2pm or 6pm-8pm**
- **Sensory challenges and strategies**  
**Thursday 5th October 12noon-2pm or 6pm-8pm**
- **Neurodiversity, how to flourish in school**  
**Thursday 12th October 12noon-2pm or 6pm-8pm**
- **Sleep and wellbeing**  
**Thursday 19th October 12noon-2pm or 6pm-8pm**



**Sessions are booked via  
Eventbrite**  
**Scan the QR code to book**  
**For more information please contact**  
**[rochdaleumbrellasessions@outlook.com](mailto:rochdaleumbrellasessions@outlook.com)**

