



Nidderdale Neuro- diversity Coffee Morning

hosted by *Autism, PDA, and Us*

Join us for a morning of understanding and support

This monthly event aims to promote awareness, provide support, and foster an inclusive community for parents supporting individuals with neurodiversity in Nidderdale.

Why Attend?

- Learn about Autism, PDA, ADHD and related conditions, and how to support individuals with diverse needs
- Connect with other parents, advocates, and individuals in the community
- Enjoy delicious coffee and snacks
- Gain insights on creating inclusive environments
- Share experiences and stories
- Workshops and activities
- Guest speakers
- A safe environment – all welcome with or without a diagnosis

Toft Gate Barn Café

Toft Gate Farm, Pateley Bridge, HG3 5JE

1st Sunday of every month

10:00am to 11:30am

starting Sunday 3rd December

A parent group to provide a supportive and informative space

Connect and Share: The event aims to foster a sense of community and connection among parents facing similar challenges in our area. It provides a platform for you to share your experiences, stories, and insights with others who understand and can empathise with your journey.

Support and Guidance: You will have access to a guest speakers who can provide advice and guidance on raising and supporting children with these conditions. There will also be opportunities for Q&A sessions, group discussions, and networking to address specific concerns and seek advice.

Promote Inclusivity: The event is designed to promote inclusivity and understanding in the community. By bringing parents together and raising awareness about these conditions, the coffee morning aims to contribute to a more inclusive and accepting society.

Trust and Openness: You will be in a safe and welcoming environment where you can relax, enjoy refreshments, and engage in meaningful conversations, knowing that you are in a supportive and non-judgmental space.

Build a Supportive Network: By attending, you can build a support network, and access information about local resources and find out about organisations that can further assist you in supporting your children.

Workshops: Aimed at helping to develop support tools that help with emotional regulation and coping strategies. Explore the role of sensory sensitivities in behaviour and emotional regulation. Explore the emotions and behaviours associated with neuro-diverse conditions.

Discussion: Discuss strategies for recognising, addressing, and managing challenging behaviours and emotional responses.

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