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SEND HEALTH FOCUS DAY

‘Neurodiversity and Mental Health’

SEND Marketplace running from
9:30am-2pm

(Meet education and health professionals)

Session 1: 10am-11am

- Understanding the relationship between neurodivergence and mental health

Session 2: 11:30am-12:30pm

- What we can do to protect and support our neurodivergent children/young people’s mental health

Refreshments: 12:30pm

Interactive workshops: 1:15-2:30pm

- Boosting your emotional regulation toolkit
- Coping strategies and tips on how to communicate with your child/young person

Tuesday 28th April 26

**The Danson Youth Centre
Brampton Road
Bexleyheath
DA7 4EZ**

9:30am-2:30pm

This health focus day will be delivered by MHST (The Mental Health in Schools Team) and Educational Psychologists from Bexley in partnership with Bexley Voice

- Come to all or part of the day
- Advance booking necessary for sessions/workshops
- Marketplace running throughout the day - just drop in

To request your place at sessions/workshops use the link:
<https://bexleyvoice.org.uk/calendar/item/59290611>

