



Support • Inform • Signpost • Empower



# Neurodiversity Pre-Diagnosis

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Do you think your child may be neurodiverse?

Neurodiversity is a word used to explain the unique ways people's brains work. While everyone's brain develops similarly, no two brains function just alike. Being neurodivergent means having a brain that works differently from the average or "neurotypical" person.

You may be on the pathway to diagnosis or just questioning. Come to our workshop (focusing on ASD and ADHD) to find out more.

We will cover:

- Sensory sensitivities
- Masking/burnout
- Pathways to diagnosis
- SEN Support/EHCPs
- Signposting for parents
- Questions and answers

Under age 5 and age 5-18 workshops will be available, as the pathways to diagnosis and support will vary.

[www.bexleyvoice.org.uk](http://www.bexleyvoice.org.uk)

## Health Workshop

**Various dates available**

**Venue:**

Danson Youth Centre  
Brampton Road  
Bexleyheath, DA7 4EZ

**or online via:**

MS TEAMS

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Our free health workshop series provide Bexley Voice members with the opportunity to get information and gain new skills relating to your child or young person's condition (pre- and post-diagnosis). You will access peer parent-to-parent insights, feel less isolated, increase resilience and have more strategies to cope.

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Advance booking required at:

<https://forms.office.com/e/x2Mx6QWpPJ>

or scan the QR code:

