

FREE ONLINE WORKSHOPS THIS SEPTEMBER FOR PARENTS AND CARERS

OF NEURODIVERGENT CHILDREN AND YOUNG PEOPLE

Delivered by the Mental Health Support Team

@EssexMHST_and_SETeamhs

SCAN TO
REGISTER



bit.ly/4jtb46c



Burnout and Masking

21st September 7 pm

Sensory Differences

29th September 7 pm