



Safe To Be Me

New workshop for parents and carers on how to create Islands of Safety for Neurodivergent Children.

Delivered by Elaine McGreevy

- Consider how emotional safety may look different across childhood
- Recognise the impact of emotional burden and living in a demanding world
- From reaction to response- when things escalate- understanding the loop
- Explore how small, reliable moments, spaces and relationships can offer relief and regulation.

Wednesday 13th May

7pm-8.30pm on Zoom

Call NOW to book your Free Place

0808 8020 400

