

Benefits of AP Cymru's FAMILY SUPPORT SERVICES



CHAMPIONING NEURO-INCLUSIVITY ACROSS WALES

WWW.APCYMRU.ORG.UK

Our Parent Support & Wellbeing Service provides a listening ear, signposting, information, guidance and assistance when you need it most. Our services will guide you prior, during and following diagnosis of autism, ADHD, dyspraxia etc.

We are neurodivergent person-led & our team have first hand experience of ADHD, Autism etc, whether neurodivergent themselves or/and parents of neurodivergent children.

- Access to all projects and services
- "Time For Me" parent wellbeing sessions
- Empowering Families Programme
- One to one and group support sessions
- Appointment support
- Clinics, workshops & expert speakers
- Neurobears - A course all about the autistic experience
- CPD accredited training
- Family activity and wellbeing programme



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https://linktr.ee/AP_Cymru

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Benefits of AP Cymru's NEURODIVERSITY TRAINING



CHAMPIONING NEURO-INCLUSIVITY ACROSS WALES

WWW.APCYMRU.ORG.UK/TRAINING

We Are **PROUD** That All Of Our Materials Are "**Designed Developed & Delivered**" By Neurodivergent Trainers. Delivery Options are In Person Or Digital.

- **Level 1 - An Introduction To Neurodiversity**
- **Level 2 - The Deep Dive Into Autism, ADHD & More...**
- **Lunch & Learn - A Bite Size Overview Of Neurodiversity**
- **Preserving Energy Via "The Spoon Theory"**
- **Your 8 Senses & How They Impact EVERYTHING!**
- **School Assembly/Class Visit With Cwtch The Bear (Charity Mascot)**
- **Information Share Session - Who We Are & What We Do?**
- **Masking - The How, The Why & The Impact**
- **Discovering Me At 43... Late Diagnosis**
- **AuDHD (Autism & ADHD) - From A Lived Experience Perspective**
- **Neurobears - A Course For Autistic Young People & Their Family**
- **One Person Fifteen Hats - A Personal & Professional Perspective!**
- **Empowering Parents - A Positive Outcome For The Whole Family**
- **Leading Neurodivergent Voices From Across The UK -**
- **Ask The Questions You Have Always Wanted To**

(Bespoke training and workshops available upon request)



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