

## Caregiver Support For Parenting Neurodiverse Children

Explore some of the challenges in parenting neurodiverse children, focusing on coping strategies and self-care for caregivers. Participants will also learn some benefits of adopting a neurodiverse-affirming parenting style and some practical tips for implementing this with children, teens and young adults.

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Brittany is an educator, therapist, yoga instructor, knitter and parent in a neurodiverse family. She spent 15 years as an educator, completing a graduate program in Inclusionary Practices before completing her Masters in Counseling Psychology and opening her private practice. She now works as an individual and family therapist both one on one and leading workshops for neurodivergent families. She takes a bottom up approach to counseling work, focusing on the body, sensory needs and nervous system regulation as well as behavioral skills and strategies to help her clients thrive. Brittany loves working with newly identifying and newly diagnosed neurodivergent adults helping them to embrace their strengths and feel empowered in work and family.