



**EMPOWERING
PARENTS
TOGETHER** 

Working together today, Improving their tomorrows

Neurodiversity and Mental Health

Part of the Partnerships for Inclusion of Neurodiversity in Schools (PINS) Project in Redbridge in collaboration with EPT

Join Gina Skourti (Mental Health Professional) for an online workshop on:

- emotional regulation, anxiety, and the links between neurodiversity & mental health
- simple, effective ways to create a safe & supportive home environment, and how to work with schools to help your child feel understood & thrive as their authentic self

Open to staff & parents at Mayespark Primary and Manford Primary
This training has been extended to all SEND parent carers in Redbridge

Monday 24th March 2025

Time : 7.30pm to 9.30pm

Booking link:

<https://EPTMHPINS.eventbrite.co.uk>

Contact details for free membership and forthcoming events

www.empoweringparentstogether.org.uk

info@empoweringparentstogether.org.uk

07486 880 799 & 07486 880 646

FACEBOOK: Empowering Parents Together – Redbridge



Department
for Education

London Borough of
Redbridge



National Network of Parent Carer Forums
"Our Strength is our Shared Experience"



contact For families
with disabled children

