

## Executive Functioning & the Neurodivergent Brain For Parent Carers | With Guest Speaker Ellie – Lived Experience Trainer

Join Us For a **free** online session on: **18th July - 4pm**

In this session, Ellie will:

Break down what executive functioning really means in everyday life

Share real-life challenges and strategies from her own journey,

Offer compassionate insight into why it can be especially tough for neurodivergent young people,

Provide a safe, non-judgmental space for parent carers to talk, ask questions, and feel understood.



To book onto this session please use our Ticket tailor link : <https://www.tickettailor.com/events/hpcn>