

**Online, 3-week course**  
23rd July – 6th August,  
6-7pm



# Living with Neurodiversity

Our new group 'Living with Neurodiversity' is a lived experience led course. We will provide you with a tool kit to use outside of the online sessions, which has lots of resources and suggestions for those looking for further support with their neurodiversity.

**The course is three sessions online covering:** What support is available for neurodiversity, burn out and lastly a session focused on learning new ways of improving your resilience.

Scan the QR code or visit the website below to view our group timetable for up to date times and locations.

 [catalystsupport.org.uk/activity-timetable/](https://catalystsupport.org.uk/activity-timetable/)

 [groups.cc@catalystsupport.org.uk](mailto:groups.cc@catalystsupport.org.uk)

 01276 409 415

 07919 541 424

