

Neurodiversity & Grief:

How to deal with change & loss

A free monthly group supporting the parents & carers of pre-and-post bereaved children & young people who are neurodivergent.



How can the groups help?

Are you a parent or carer of a neurodiverse child who has experienced significant change or loss? The Child and Adolescent team at Harlington Hospice provide a safe and supporting space to learn key skills to support children and young people who are struggling with change and grief. These group sessions will explore:

- ✓ Support and guidance for difficult conversations about change and loss with children you care for.
- ✓ Provide an understanding of reactions to change and loss, such as anger, anxiety and isolation.
- ✓ Develop new communication skills to help children and young people better understand and manage their feelings.
- ✓ Examine ways of adapting to changes, in a safe and supportive environment.

“The therapists and the group have been more instrumental to me than you will ever realise in understanding how to support my child”.

*“we were very impressed by the inclusive and positive neurodivergent language that was used. **‘Coping with challenging behaviours: what I can do as a parent’** course really helped us. We as parents are always trying to learn more”*

Where do the groups take place?

Lansdowne House

St. Peters Way

Harlington

Hayes

Middlesex

UB3 5AB

How much do the groups cost?

The groups are **free** to residents of the London borough of Hillingdon

We are a registered charity, donations are welcome to Harlington Hospice if you are in a position to do so.



When do groups take place?’

The groups will run monthly between February - June 2025 and September – November 2025

Times: The groups take place from **10 am – 12.30pm**

The 2025 dates are:

- **Thursday 6th February**
- **Thursday 6th March**
- **Thursday 3rd April**
- **Thursday 1st May**
- **Thursday 5th June**
- **Thursday 4th September**
- **Thursday 2nd October**
- **Thursday 6th November**

The groups are available online or face to face – please let us know which you would prefer when booking your place.



Who facilitates the groups?

The groups are facilitated by HCPC Qualified professionals who support children and adults at Harlington Hospice for pre and post bereavement. We provide talking and creative therapies.



For more information about how to make referrals to support children and young people who are pre and post bereaved:

<https://www.harlingtonhospice.org/cabs/>



Contact us to book your place:

Places are limited, we advise to book in advance.

Please do contact us if you are interested to learn more about pre & post bereavement support for adults & children



cabsreferrals@harlingtonhospice.org



0208 7590453



<https://www.harlingtonhospice.org/cabs/>



To learn more about the service and make a referral – follow the QR code.

