



# Plan Bee Course



Building  
stronger  
families

## Understanding and supporting your neurodivergent child or young person's needs

Plan Bee is a 3 week course (2hrs per week) written by two Clinical Psychologists working in Norfolk Community Health and Care who are passionate about supporting parents to understand their children and young people with neurodivergent conditions.

All behaviour is a form of communication. Our course supports parents to understand their child's individual needs and how to best support them.

### Free course for Parents/Carers



The aim of this course is to help parents and carers to:

- Understand why their child or young person might become overwhelmed.
- Have time to reflect on what might trigger certain distressed behaviours and how to implement pro-active and re-active strategies.
- Develop a support plan which they can share with other family members and schools to ensure a consistent approach.
- Meet with other parents/carers for peer support.

For more information you can contact us Monday to Friday 9-5pm on:



Family Action West Suffolk Neurodevelopmental Support Service



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