



Gwasanaeth Niwroddatblygiadol  
Neurodevelopmental Service



## Wellbeing Workshop



**For parents/carers only of children aged 0-11 years on the Neurodevelopmental waiting list.**

Please make alternative arrangements for childcare during the workshop. As the session is for **adults only**.

**Led by a Psychologist get tips and strategies for your child's better mental wellbeing.**

**Includes information on:**

The PACE Approach      Emotional Regulation  
Co-regulation between parent/carer and child

**This is not a Neurodevelopmental assessment. It is for information and learning purposes only.**

During the coffee break chat with the Neurodevelopmental Community Connectors about the waiting list, assessment process and other services available while waiting.

**At: Community Room, Asda Cardiff Bay, Ferry Road Retail Park, CF11 0JR**

**On: Tuesday 15th October 2024**

**Time: 10am-12pm**

The session is free of charge but please book a place via Eventbrite using the QR code or this link:



**<https://www.eventbrite.com/e/neurodevelopmental-service-wellbeing-workshopgweithdy-lles-tickets-943435299377>**