



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 11th February 2025

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.co.uk/e/neurodevelopmental-service-wellbeing-workshopgweithdy-lles-tickets-1050701234677>