

Courses that are run by our neurodiverse team

Students are selected, based on their needs, to attend a 6 week programme of workshops, one hour per week. The courses we offer are listed below:

Building Resilience & Self Esteem

Building Resilience / Self Esteem
Understanding the need for resilience
Looking at how we support yourself
Build independence
5 point scale

Managing Emotions & Emotional Regulation

Managing Emotions / Emotional Regulation
Emotional literacy
Working with stress and emotional battery
Communication focus
Anger and outbursts
Fight, Flight or Freeze responses

ADHD and Me

What is ADHD / Support group for those with ADHD?
How can ADHD affect me?
Looking at strengths
Life after Redborne - careers and ADHD in the future

ASD and Me

What is ASD?
How can ASD affect me?
Looking at strengths
Life after Redborne - careers and ASD in the future

Managing anxiety

What is anxiety?
Tools and strategies to manage anxiety in different situations