

# Parent Exchange

*A Space Just for You*

Parenting a young person with neurodivergent needs can be rich, rewarding, and at times genuinely hard.

**Parent Exchange exists to remind you that you are not doing it alone.**



Online monthly gathering



For parents and carers of learners at Syon Manor College



One hour  
7pm-8pm



Relaxed and open



Join for the full hour or whatever time you can spare



Each session brings together a small group of parents to explore real-life topics that matter to you. What works at the weekend? How do you reach a young person who seems unreachable? The exhaustion, the learning curve, and the joy.



These sessions are facilitated by Christopher Brennan our college Psychotherapist and Charley Eves who is an Autism and ADHD advocate.



Topics are shaped by you. The conversation is relevant to the experience of raising a neurodivergent young person, while also reaching beyond diagnosis to adolescence more broadly, including the needs, wants, and complexities of supporting a young adult finding their way.



### Please note:

Parents Exchange is a parent support space and is not a channel for passing messages to college staff or raising concerns about your young person's education. For those matters, mentors and the senior management team remain your first point of contact.



Scan QR to join

## June Session - Motivation

Tuesday 9th | 7pm - 8pm | Online

What actually motivates a young person? How do you spark engagement in something they cannot yet see the point of, and how do you help them find their own drive?

Motivation can be elusive for most people, and for neurodivergent young people it often works differently. In June, we will explore what motivation looks like, what gets in its way, and, most usefully, what other parents have actually found to work.

*Come and share.  
Come and listen.*



A supportive space for parents and carers of learners at Syon Manor College