



What is Riding the Rapids?

Riding the Rapids is a free course designed for parents and carers children and young people aged 3-16 whose needs indicate they are Neurodivergent.

The course aims to help parents to understand and support their child's well-being, and reduce stress, distress and distress-related behaviours or other behaviours of concern.

Research shows that parents and carers who attend Riding the Rapids can:

- **Develop effective strategies to support their children**
- **Increase their coping skills and confidence, reducing stress**

What does the course involve?

The course takes place for **2 hours a week for 10 weeks**.

Before the course, we contact all parents/ carers to check that Riding the Rapids is the right intervention for you, and to answer any questions you may have.

Each weekly session covers a different aspect of supporting your child and young person. It is important that you attend all of the sessions.

There is a follow up meeting a few months after the course has finished.

Feedback from parents and carers:

We are trying the strategies from the course and have seen great improvement.

I felt supported by wonderful professionals as well as parents in similar situations.

It helped having time to offload my feelings in a safe space.

How to book

If you have any questions, or would like more information on how to book, please contact The Neurodiversity Hub— hmr-ndhub@nca.nhs.uk

Please note this course is for parents and carers only. Please do not bring your child or young person.