

A free one-hour online workshop for parents

Anxiety, Exhaustion, and Masking: Supporting Neurodivergent Girls

- She's doing well at school, but comes home completely exhausted...
- She tries so hard to fit in, but it never seems easy...
- She is chatty with you, but goes quiet around other people...

Is she coping or masking how hard she is working to keep up? Many neurodivergent girls learn to hide their struggles by copying others and pushing through their discomfort. While this helps them fit in, it can take a toll on their sense of self, confidence and well-being.

In this workshop, we will explore:

- How girls learn to mask
- How it can contribute to anxiety and burnout
- Why unmasking isn't the whole answer
- What helps girls feel safe and confident to be themselves

Where: Stepney Park Primary School (via Zoom)

When: Monday, January 26, 9:30 - 10:30am

Please scan the QR code to register



The workshop is delivered by Una Archer, GMBPsS, MSc. She is a psychologist offering attachment-informed support that helps parents, caregivers and teachers nurture emotional security, build stronger connections, and support children to thrive at home and at school. Find out more at www.helpyourchildthrive.co.uk