



BURNOUT IN THE LEAD-UP TO CHRISTMAS

with a guest speaker Ellie - Lived Experience Trainer | Autism & ADHD

17th December - 11am - online Session

Join Ellie as she shares her lived experience of autism, ADHD, and navigating the pressures of the festive season.

Ellie brings honest insight as an ADHD, Autistic adult, and mum to two autistic teenagers.

A supportive, relatable session to help you make the festive period more manageable.

This session will explore:

- What burnout can look and feel like in the run-up to Christmas
- Why the festive period can be particularly challenging for autistic and ADHD individuals
- Practical techniques and preparation strategies from Ellie's lived experience
- How parents and caregivers can support autistic or ADHD young people during this time
- Ways to reduce overwhelm and create a more manageable, meaningful holiday season



To book onto this session please use our Ticket tailor link : <https://www.tickettailor.com/events/hpcn>