

Chill and Chat: Parent Support Group

'Chill and Chat' is a monthly parent-led support group for families with young children, including those with neurodiverse needs. The group aims to offer a safe, non-judgemental space where parents can support one another, share practical strategies, and promote wellbeing and positive routines at home.

Monthly Meeting Agenda (Approx. 1 hour)

1. Welcome & Refreshments: Informal catch-up as people settle in.
2. Opening Circle & Check-In: Each parent shares a word or short phrase describing how the past week has been.
3. Focused Topic/Workshop: Led by a facilitator or parent volunteer. Open discussion follows a short input or resource.
4. Problem-Solving & Shared Advice: Space for anyone to bring up current challenges.
5. Positive Wins & Wrap-Up: Share small successes and preview next session.

12-Month Topic Plan

Month	Focus Topic
September	Starting the School Year Calmly
October	Understanding Neurodiversity
November	Home Routines That Work
December	Managing Overwhelm & Festive Stress
January	Mental Health for Parents
February	Sleep and Bedtime Battles
March	Positive Behaviour Strategies
April	Learning Through Everyday Life
May	Communication with School
June	Building Friendships and Social Skills
July	Preparing for Summer Holidays