



# GROWING TOGETHER: UNDERSTANDING NEURODIVERSITY

*Discovering strengths, honouring differences, and supporting every family's unique way of thinking, learning and growing*

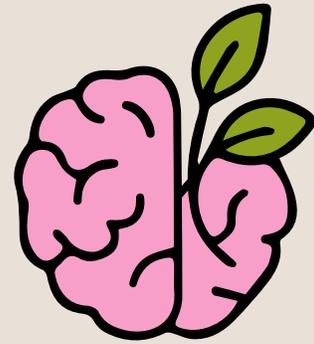
*A Free 8-week Psychoeducation group for Cantonese/Mandarin Speaking Parents & Caregivers in Richmond*



## About This Group



- Building foundational understanding of neurodiversity (FASD, Autism, ADHD)
- Exploring brain development & communication differences
- Learning about emotional regulation & connection
- Understanding cultural influences on parenting and neurodiversity
- Strength-based parenting & self-compassion



## Group Details



**Date:** April 10 - June 5, 2026

**Time:** 10:00am -12:00pm

**Location:**  
3031-Viking Way Richmond BC  
(Touchstone office)

**Language:**  
Mandarin/Cantonese



## Register or Contact



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