## Katoomba Neurodiversity Hub

At Katoomba Neurodiversity Hub we offer individual and group support for people who want to understand their own needs, or their childrens needs, in order to find ways to live well with the challenges they face due to neurodivergence.









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Our weekly program includes:

- Neurodivergent Parenting Group
- Music Group
- Understanding Myself workshop seriesTrans Teens Social Group
- Gardening Group
- Hobby Group
- Executive Function Support Group
- Gender Exploring Kids and Parents Group
- Peer Support Mentoring Sessions
- Art therapy for groups and individuals
- Tutoring and homework help for primary aged students
- Half day workshops on a variety of topics