



In the aftermath of the COVID-19 pandemic, Frontline Families are providing events designed to meet the needs of families of disabled children and adults who have a range of support needs. See all events on our webpage.

[bit.ly/FLFweb](https://bit.ly/FLFweb)

Or scan QR code →



## Anxiety and Puberty - The Stressful Years

The issue of anxiety in relation to neurodiverse individuals is an ongoing issue for all involved. With the various changes that occur during teenage years, these anxieties increase and widen.

In this session, Mark will explore some of the underlying issues that increase the anxiety experienced during puberty and teenage years. As part of this, he will explore some of the potential ways forward to help the individual.

Mark founded 'Special Help 4 Special Needs' in 2010 and works as a Special Needs Consultant with a range of individuals with various neurodiverse issues, including those diagnosed with Autism, Aspergers syndrome and more.

**Monday 16th May 2022  
from 7pm to 9pm**

Mark also runs a social club for adults with learning disabilities aimed at developing their social skills and confidence in using them.

Join us on Zoom for an informative session with  
Dr Mark Brown - Special Needs Consultant  
RNLD, PhD, MA Autism, Dip App Psych, Dip Prof Prac

for info email: [pippa@bringingustogether.org.uk](mailto:pippa@bringingustogether.org.uk)

Frontline Families is a **partnership** of organisations who work with families of disabled children and adults who have a range of support needs.

