



Neurodevelopmental Health Workshops – Healthy Habits

Supporting those with neurodevelopmental differences through a virtual workshop delivering health and well-being a weight-neutral, body-positive, and neurodiversity-affirming lens.

Key topics

- Understanding appetite and interoceptive differences
- Practical guidance on structured mealtimes, balanced nourishment, hydration, and movement

The goal is to empower families with compassionate, evidence-based tools that focus on overall health, well-being, and quality of life.

Entry Requirements

- 0-17 years old
- Challenges with recognizing hunger and fullness cues
- Low energy levels or fatigue affecting daily participation
- Family concerns about overall health, well-being, or lifestyle habits

What makes this workshop unique?

- Programming developed by dietitians for neurodevelopmental population
- Education provided through a weight-neutral, body-positive, and neurodiversity-affirming lens

For questions, please contact



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A member of your
child/youth's care team