

Community Education Service



Improving emotional health and wellbeing

Supporting Self-Care & Hygiene in Neurodivergent Youth (Ages 10–14)

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The Family Psychology Place

This parent and caregiver workshop explores the hidden barriers that neurodivergent youth often face when it comes to self-care and daily hygiene routines. While tasks such as showering, brushing teeth, and getting ready for the day may appear simple, they frequently involve complex executive functioning, sensory processing, motivation, and transition challenges.

Learning Outcomes:

- Understand the neurological and executive functioning barriers that can make hygiene routines difficult for neurodivergent youth.
- Learn practical strategies to reduce conflict and increase cooperation around self-care routines.
- Explore ways to build sustainable habits that support independence and personal responsibility.
- Gain tools to support motivation, time awareness, and routine sequencing in daily self-care tasks

May 5th, 2026

2:30 PM – 4:00 PM

Click here to register

FREE

online event



This session is presented by the **Community Education Service** of the Mental Health Collaborative & Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of **Recovery Alberta** and **The Family Psychology Place**.

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