

# Support for Royal Navy & Royal Marines Families



Kids Charity are proud to unite with the Royal Navy & Royal Marines Charity, supporting families (serving and veteran) within the Royal Navy and Royal Marines community with neurodivergent children.

**Kids**

Disabled children  
say we can



## What We Offer:

- Behaviour workshops: a two – hour workshop giving parents/carers insights and tips on parenting neurodivergent children.
- Pre-recorded workshops for those unable to make the Teams sessions.
- Nurturing Anchors: Offered as either a six-week (3 hrs/week) or ten-week (2 hrs/week) course, supporting your wellbeing and confidence as a parent of a neurodivergent child.
- Riding the Rapids: a ten – week course (2 hours/week) for parents and carers of children who are neurodivergent, designed to help them understand their child when they are experiencing anxiety, showing distress related behaviours or other behaviours of concern. Recognising the unique circumstances of Royal Navy and Royal Marines families, we also offer flexible delivery options for Riding The rapids alongside our live Teams sessions – ensuring that those who cannot attend in real time can still access the guidance, tools, and support they need. Please contact us for more details.
- Understanding Me, parent carer: a six – week course (1 hour/week) helping you develop practical strategies to support both yourself and your child, build strengths, and connect with others within the unique context of military family life.
- Understanding Me, young person: a six-week course (1 hour/week) helping teens aged 13 – 18 develop practical strategies to support their unique needs.
- Coffee and connect: drop-in day time and evening sessions (2 hours per session) where you can chat with other parents of neurodivergent children.
- 1:1 Support on request.

## What to Expect:

- A supportive environment for sharing experiences and insights
- Opportunities for learning and growth
- Guidance from experienced individuals with lived experience

Attendance does not require a formal diagnosis.  
All sessions are held online.

**Scan the QR code to find out more**

Email – [nurturing.anchors@kids.org.uk](mailto:nurturing.anchors@kids.org.uk)

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**SCAN ME**