



# “Community Matters”

**By Lamprey Health Care**

*A speaker series bringing relevant topics to the forefront*



## Understanding Neurodiversity

**Presented by: Megg Thompson, Certified Behavioral Consultant**

Neurodiversity recognizes that all brains work differently — including ADHD, autism, anxiety, and more — and that these differences are a natural part of being human.

A fun, informative seminar & workshop exploring how neurodivergent brains operate — and practical ways to support all kinds of brains at home, school, work, and in the community.



**Tuesday, January 27<sup>th</sup> 2026** Newmarket Office (207 S. Main Street)



**Tuesday, February 3<sup>rd</sup> 2026** Raymond Office (128 Route 27)



**Refreshments: 4:30pm**



**Presentation & Workshop: 5:00pm - 6:00pm**

### **Small groups discussion & Workshop Highlights**

- What neurodiversity really means
- ADHD, Autism, Anxiety — how they show up in real life
- Being supportive: What does that actually look like?
- Creating safe places to land in school, work, home & community
- Solving the Double Empathy Problem

**Click here or Scan QR code to RSVP!**  
**two dates/locations to choose from!**

