

Neurodiversity Celebration Month

April 2026



This month, we celebrate the many ways people think, learn, and experience the world. Neurodiversity reminds us that differences in how our brains work are natural, valuable, and worth embracing.

Neurodiversity means there is no one “right” way to think or learn. It includes differences such as autism, ADHD, and learning differences.

Neurodivergent individuals often bring unique strengths, such as:

- Creativity and new perspectives
- Strong focus and attention to detail
- Unique ways of problem-solving



Support can look like:

• Quiet spaces or breaks, & respecting communication styles

How to Support:

• Listen and validate experiences

• Avoid assumptions

• Focus on strengths

• Create flexible, inclusive environments



Earth Day – April 22

Take time to reconnect with nature!

Even small moments in nature can support mental health.



Did you know?

Neurodiversity includes a wide range of experiences, and no two people experience it in the same way.

