



# NEURODIVERSE NETWORKS

In alliance with PAFN

**Pacific Autism**

Family Network



## Join our Neurodiverse Dance Program this summer!

This year, Neurodiverse Networks has partnered with PAFN to deliver a dance program consisting of four workshops for neurodivergent individuals who would like to express their artistic side through dance. Our workshops are designed to provide participants with an outlet and physical activity that can help stimulate the mind.

### Who are our workshops for?

Our workshops are for neurodivergent individuals, who in Summer 2024 will have either completed or be entering grades 8-12. However, this a general guideline and we are open to accepting participants who may be younger or older.

### Where will these workshops take place?

The workshops will be held at the Pacific Autism Family Network (PAFN) Richmond hub, located at 3688 Cessna Drive, V7B 1C7.

### How much do the workshops cost?

The workshops are completely free. We are accepting a maximum of 10 participants per workshop.

### When will the workshops take place?

The program has 4 sessions, each session is about 1 hour. Please note that when participants register, they will be registering for four sessions over the span of 4 weeks in May, June, July, or August (**every Tuesday**). See our summer dates and times below:

	May 7 – 28	June 4 – 25	July 2 –23	July 30 – August 20
Day 1	Tuesday 7, 4:00 – 5:00 pm	Tuesday 4, 4:00 – 5:00 pm	Tuesday 2, 10:30 – 11:30 am	Tuesday 30, 10:30 – 11:30 am
Day 2	Tuesday 14, 4:00 – 5:00 pm	Tuesday 11, 4:00 – 5:00 pm	Tuesday 9, 10:30 – 11:30 am	Tuesday 6, 10:30 – 11:30 am
Day 3	Tuesday 21, 4:00 – 5:00 pm	Tuesday 18, 4:00 – 5:00 pm	Tuesday 16, 10:30 – 11:30 am	Tuesday 13, 10:30 – 11:30 am
Day 4	Tuesday 28, 4:00 – 5:00 pm	Tuesday 25, 4:00 – 5:00 pm	Tuesday 23, 10:30 – 11:30 am	Tuesday 20, 10:30 – 11:30 am

## How can I register?

Please use this form to sign up: <https://docs.google.com/forms/Neurodiverse-Dance-Workshops>. If you have any other questions and/or concerns please contact Dyllan Mand at [neurodiverserobotics@gmail.com](mailto:neurodiverserobotics@gmail.com) or [manddyllan@gmail.com](mailto:manddyllan@gmail.com). Feel free to also visit our website at <https://www.neurodiverserobotics.com>.

## Neurodiverse Networks Dance Workshops

	DAY 1	DAY 2	DAY 3	Day 4
Vex	First Quarter of Routine	Second Quarter of Routine	Third Quarter of Routine	Last Quarter of Routine

**Day 1:** Introduction to the program. Participants will begin with a warm-up and then learning the first quarter of a routine that will be taught to the cohort. A cool-down period will be provided before the participants leave.

**Day 2:** The workshop will begin with a warm-up and instruction of the second quarter of the routine will be taught to the participants. This will be followed by the cool-down period.

**Day 3:** Begin with warmup followed by instruction of the third quarter of the routine and then cool-down.

**Day 4:** On the last day, the last part of the routine will be taught, and participants will be given time to dance through the whole routine

\*If time permits, a second routine will be taught to the participants

## Participating in Our Dance Workshops

To provide more opportunities that enable neurodivergent individuals to explore their interests, this year we have decided to provide dance workshops alongside our annual summer robotics workshops. Given that this is a pilot program, we will be learning as we go and as always, we will find ways to improve our workshops. With that being said, participants will be given the opportunity to engage in physical activity and social interaction through our hip-hop workshops. Our dance leaders will provide participants with a prepared choreography which will be taught over the four sessions as outlined above. If time permits, a second, and possibly third routine will also be taught. To help guide participants through the routine, mentors will float around. On occasion, the participants will be broken into smaller groups so that more direct instruction is provided. Please note that these workshops will involve the use of speakers for music and may not be suitable for those who face challenges with auditory overload. However, we aim to make our workshops accessible to everyone; therefore, volume will be kept at optimal levels that account for everyone's

auditory preferences. We would also ask that individuals who face challenges with auditory stimulation bring their own sensory headphones. This way our dance workshops will be accessible to everyone while accounting for their diverse needs.

Should you have any other questions or concerns feel free to email Dyllan Mand at [neurodiverserobotics@gmail.com](mailto:neurodiverserobotics@gmail.com) or at [manddyllan@gmail.com](mailto:manddyllan@gmail.com).

Sincerely,

The Neurodiverse Networks team

