



South West Herts Partnership Family Support Service

PARENTING COURSE CALENDAR

South West Herts Partnership has collated a list of parenting events happening online from our parent organisations on the following pages



swhp_familysupportservice



<https://www.southwesthertspartnership.org.uk/>



Fully Funded By Herts County Council



Calendar

JOIN THE TEAM

ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM. Full details on how to access and use Zoom will be offered. Open to parents and carers across Hertfordshire. Pre-booking essential. Please quote the course ID.

Contact Supporting Links on: 07512 709556

bookings@supportinglinks.co.uk www.supportinglinks.co.uk

SEPT

15

7:45PM

ONLINE
COURSE

SEPT

15

8PM

ONLINE
COURSE

SEPT

16

7:45PM

ONLINE
COURSE

SEPT

16

7:45PM

ONLINE
COURSE

TALKING ANGER IN TEENS

Our **FREE** 6 week course **for parents and carers of children aged 11-19** supporting you to: Understand why children & adults get angry. Develop strategies to handle anger in yourself and others within your family. Recognise the early signs of anger. Reduce conflict and arguments. Encourage positive behaviour.

Pre-booking essential—quote course ID 863

TALKING ADDITIONAL NEEDS

6, weekly sessions **for parents and carers of children aged 2-19** with any additional need. Understand your child's behaviour. Develop strategies that really work. Reduce conflict. Improve emotional regulation. Explore sensory needs. Increase your child's resilience. Manage different needs in your family.

Pre-booking essential—quote course ID 864

TALKING TEENS

Our **FREE** 6 week course **for parents and carers of children aged 12-19** recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.

Pre-booking essential—quote course ID 865

TALKING DADS

6, weekly sessions **for dads and male carers of children aged 0-19**, sharing information on: Improved listening and communication skills. A healthy dad-child relationship now and for the future. Effective strategies for dealing with anger and conflict. How to enforce boundaries. Being the dad, you want to be

Pre-booking essential—quote course ID 867



Fully Funded By Herts County Council



Calendar

JOIN THE TEAM

ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM. Full details on how to access and use Zoom will be offered. Open to parents and carers across Hertfordshire. Pre-booking essential. Please quote the course ID.

Contact Supporting Links on: 07512 709556

bookings@supportinglinks.co.uk www.supportinglinks.co.uk

SEPT

17

8PM

ONLINE
COURSE

TALKING FAMILIES

6, weekly sessions **for parents and carers of children aged 0-12** sharing tips on: Managing challenging behaviour with consistency, Setting and maintaining boundaries, Responding to tantrums and difficult feelings in children and more

Pre-booking essential—quote course ID 861

NOV

03

7:45PM

ONLINE
COURSE

TALKING DADS

6, weekly sessions **for dads and male carers of children aged 0-19**, sharing information on: Improved listening and communication skills. A healthy dad-child relationship now and for the future. Effective strategies for dealing with anger and conflict. How to enforce boundaries. Being the dad, you want to be

Pre-booking essential—quote course ID 868

NOV

04

9:45AM

ONLINE
COURSE

TALKING FAMILIES

6, weekly sessions **for parents and carers of children aged 0-12** sharing tips on: Managing challenging behaviour with consistency, Setting and maintaining boundaries, Responding to tantrums and difficult feelings in children and more

Pre-booking essential—quote course ID 860



Fully Funded By Herts County Council



Calendar

JOIN THE TEAM

ONLINE PARENTING COURSES DELIVERED TO YOUR HOME VIA ZOOM. Full details on how to access and use Zoom will be offered. Open to parents and carers across Hertfordshire. Pre-booking essential. Please quote the course ID.

Contact Supporting Links on: 07512 709556

bookings@supportinglinks.co.uk www.supportinglinks.co.uk

NOV

04

7:45PM

ONLINE
COURSE

TALKING ANXIETY

Our **FREE** 6 week course **for parents and carers of children aged 3-19** supporting you to: Understand why young people and adults get anxious. Develop strategies to handle anxiety in yourself and others within your family. Recognise the early signs of anxiety. Reduce stress and tension. Encourage resilient behaviour.

Pre-booking essential—quote course ID 862

NOV

04

7:45PM

ONLINE
COURSE

TALKING TEENS

Our **FREE** 6 week course **for parents and carers of children aged 12-19** recognising the physical and emotional changes taking place during the teenage years and why their behaviour changes.

Pre-booking essential—quote course ID 866

NOV

06

9:45AM

ONLINE
COURSE

TALKING ADDITIONAL NEEDS

6, weekly sessions **for parents and carers of children aged 2-19** with any additional need. Understand your child's behaviour. Develop strategies that really work. Reduce conflict. Improve emotional regulation. Explore sensory needs. Increase your child's resilience. Manage different needs in your family.

Pre-booking essential—quote course ID 859



Promoting Strong Family Relationships

Fully Funded By Herts County Council



Calendar

JOIN THE TEAM

FREE practical and interactive 1.75 hour **ONLINE WORKSHOPS** for parents of children with diagnosed or suspected ASD and or ADHD. These are funded by Herts County Council so are free for parents who live or go to school in Herts to attend Pre-booking essential. Please quote the course ID.

Contact Supporting Links on: 07512 709556

bookings@supportinglinks.co.uk

<https://www.eventbrite.com/cc/talking-asd-adhd-free-for-parents-in-herts-1046969>

SEPT

21

7:30PM

ONLINE
WORKSHOP

SEPT

30

7:30PM

ONLINE
WORKSHOP

OCT

21

7:30PM

ONLINE
WORKSHOP

NOV

19

9:30AM

ONLINE
WORKSHOP

RESPONDING TO ANGER

Does your child's anger leave you feeling unsure how to respond?

Are you struggling to help your child manage big emotions? Worried that anger is becoming the main way your family communicates?

Recognise, respond to and reduce the impact of anger in your family. **Pre-booking essential—quote course ID 871**

ANXIETY & STRESS

For parents seeking effective, practical strategies to help their children cope with anxiety.

Join us to **gain the essential skills and confidence** to address these complex needs—learning practical ways to manage your child's anxious feelings and knowing exactly when to seek outside help for an anxiety disorder.

Pre-booking essential—quote course ID 869

SCHOOL AVOIDANCE

Helping you to understand why school avoidance happens and how to support your child

What is EBSA and is this what your child is experiencing?

Common causes and triggers of school avoidance

Practical steps you can take to support your child

How to work with your school in your child's best interests

Where to access help & support, both locally & nationally

Pre-booking essential—quote course ID 872

TECH USE

Recognise how to support difficulties with online behaviour

Parents who are able to understand the cause of problems are better able to set up appropriate guidance and boundaries.

Parents and carers who attend will leave understanding what is happening for their child and what they can do about it.

Pre-booking essential—quote course ID 870



Fully Funded By Herts County Council



OCT

13

10AM

ONLINE
WORKSHOP

NOV

09

7PM

ONLINE
WORKSHOP

NOV

26

7PM

ONLINE
WORKSHOP



Calendar

JOIN THE TEAM

BITESIZE WORKSHOPS answering common parenting questions—in short, practical, interactive online workshops **FREE** to parents and carers living in Hertfordshire

Pre-booking essential. Please quote the course ID.

Contact Supporting Links on: 07512 709556

info@supportinglinks.co.uk

<https://www.eventbrite.co.uk/cc/bitesize-parenting-for-parents-in-herts-3853843>

HOW DO I GET MY CHILD TO EAT BETTER?

No matter how restrictive your child's diet is, there are things you can do to help.

Parents often tell us how much they worry about their child's health and nutrition as well as the effect that picky eating can have on family life & social lives. We can help you understand: What is going on when your child is a picky eater
What helps or hinders when we try to encourage our children to eat a variety of foods

Pre-booking essential—quote course ID 875

WHAT'S GOING ON IN MY TEENAGER'S HEAD?

Living with a teenager or pre-teen can be challenging!

Parents often ask why their teenager doesn't want to spend time with them any more, has a daily rollercoaster of emotions and can't get out of bed in the morning. Help to understand: How the brain is changing & developing during the teen years
Why adolescent brain development has a huge impact on teen behaviour and what adolescent behaviours look like
Things we can do to support our young people during this huge change in their lives.

Pre-booking essential—quote course ID 873

HOW DO I TALK TO MY TEEN/PRETEEN ABOUT...

Are you worried about the risk of your teen or pre-teen being exposed to inappropriate images, information and unwelcome influences?

Would you like to find out how to talk with your child about difficult subjects, like pornography, the manosphere and consent?

Do you want to know how to help your young person to keep themselves safe, online or when they are out and about? These are big questions.

Pre-booking essential—quote course ID 874



Families In Focus CIC

Enabling families to be stronger together



Calendar

JOIN THE TEAM

FREE Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment. www.familiesinfocus.co.uk
Email Francine & Lesley today: bookings@familiesinfocus.co.uk

SEPT

08

9:30AM

**ONLINE
COURSE**

COMPLETE GUIDE TO PARENTING CHILDREN WITH AUTISM OR ADHD

This free 9-week course is for those parenting children aged two to 11 with all Special Education Needs living in Hertfordshire including those on assessment pathways. Learn a range of strategies and solutions, to better manage behaviours that challenge.

SEPT

08

6:30PM

**ONLINE
COURSE**

COMPLETE GUIDE TO PARENTING CHILDREN WITH AUTISM OR ADHD

This free 9-week course is for those parenting children aged two to 11 with all Special Education Needs living in Hertfordshire including those on assessment pathways. Learn a range of strategies and solutions, to better manage behaviours that challenge.

NOV

02

9:30AM

**ONLINE
COURSE**

HANDLING ANGER IN YOUR FAMILY FOR CHILDREN WITHOUT SEND

An online course for parents of primary aged children with no SEN needs. Increase understanding of children react with anger and learn tried and tested techniques to support children to de-escalate and change reactions to trigger situations to bring harmony and calm for the whole family

Courses open to parent/carers who
are residents of Hertfordshire



Coram Family Lives will be delivering the below **online parenting workshops** (via MS Teams), funded by Herts County Council in the Summer term for parents/carers who live in Hertfordshire or who have a child attending a Hertfordshire school.

To book a place please click here:

[Coram Family Lives - Parent Alienation Workshop Referral](#)

You can also email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information.

JULY

07

9:30AM

ONLINE
COURSE

PARENT ALIENATION WORKSHOP

This workshop is designed to support separated/divorced parents and protect parent-child relationships.
Increase understanding parental alienation
Recognise common patterns & behaviours in ourselves and others
Explore the emotional impact on children and parents
Develop communication & de-escalation skills
Maintain parent-child bond during reduced contact
Improve confidence with professionals

JULY

09

7PM

ONLINE
COURSE

PARENT ALIENATION WORKSHOP

This workshop is designed to support separated/divorced parents and protect parent-child relationships.
Increase understanding parental alienation
Recognise common patterns & behaviours in ourselves and others
Explore the emotional impact on children and parents
Develop communication & de-escalation skills
Maintain parent-child bond during reduced contact
Improve confidence with professionals

Courses open to parent/carers who
are residents of Hertfordshire

[REGISTER
HERE](#)

**ONLINE
COURSE**

[REGISTER
HERE](#)

**ONLINE
COURSE**

[REGISTER
HERE](#)

**ONLINE
COURSE**



A range of **online parenting groups** funded by HCC for parents of children who live or go to school in Hertfordshire. They are for parents/carers of children with ADHD, SEN and parents of pre-teens/teens who are showing challenging behaviour.

To book your place call Louise on **0204 522 8700**
or email services@familylives.org.uk
coramfamilylives.org.uk

PARENTS TOGETHER

This online parenting course is suitable for parents and carers of children aged 0-11

- Promoting wellbeing
- The power of communicating and being positive
- Understanding behaviour
- Managing and promoting positive behaviour in the family
- Play and what do children need
- Setting limits, boundaries and promoting co-operation

BRINGING UP CONFIDENT CHILDREN

Free self-guided online parenting course on building children's mental wellbeing, helping them flourish, manage their feelings and build resilience to help cope with challenges. This course is suitable for parents of children aged 5-18.

- Helping children handle their feelings
- Being positive with our children
- Building resilience
- Valuing ourselves

PARENTING NEURODIVERGENT CHILDREN

This course is designed to support you with compassionate, practical strategies that meet your and your child's unique needs. The parents who have created this course understand the challenges, small wins and the overwhelming moments and have lived experience of raising neurodivergent children, teens and young adults.

- Responsive parenting
- Managing distressed behaviours and emotional regulation
- Communication, sensory needs and sleep
- Looking after yourself

Free online parenting courses with certificates. All of our courses are filled with helpful techniques and ideas developed by our experienced parenting professionals to help you become a confident and happy parent. Our courses are self-guided and can be done on your mobile, tablet or computer, so you can work through it at your own pace and get a certificate when you complete it.

<https://www.coramfamilylives.org.uk/how-we-can-help/online-parenting-courses/parents-together/>

PARENTING TEENS

This course is aimed at parents and carers of 11-18-year-olds. It is also suitable if your child is approaching the teen years and you want to be prepared for this stage of parenting.

- Understanding teen behaviour
- Feelings and needs
- Risky behaviour, conflict and sensitive issues
- Communicating with your teen

CHALLENGING BEHAVIOUR IN TEENS

This parenting course is suitable for parents of children aged 11-18, who are showing difficult, defiant, risk-taking or aggressive behaviour.

- Defiant behaviour
- Aggression and violent behaviour
- Communication and setting boundaries
- Looking after yourself and strengthening the bonds

SIBLING ARGUMENTS

This free online course is for parents, carers and other family members to help manage conflicts in family life, particularly between siblings or children in the household. It is aimed at families with children aged 5-18.

- How does conflict affect us?
- Sibling rivalry
- Giving children the skills to deal with conflict
- Negotiation in the family
- Reducing conflict

CO-PARENTING AFTER DIVORCE OR SEPARATION

This free online co-parenting course, with certificate is for parents or carers who are separated or divorced who are looking for helpful tools to co-parent effectively.

- The impact of separation on parents and children
- Positive communication with your co-parent
- Resident and non-resident parents
- Self-care and managing new relationships

[REGISTER
HERE](#)

**ONLINE
COURSE**

[REGISTER
HERE](#)

**ONLINE
COURSE**

[REGISTER
HERE](#)

**ONLINE
COURSE**

[REGISTER
HERE](#)

**ONLINE
COURSE**



These courses are funded by Herts County Council and are open to residents of Hertfordshire only



Calendar

JOIN THE TEAM

Families Feeling Safe is an award-winning Social Enterprise, delivering high quality Protective Behaviours training, courses and workshops. Our work means children, young people and families feel safer in their communities by improving their resilience and emotional & mental wellbeing.

For eligibility and to book your FREE place:

email: enquiries@familiesfeelingsafe.co.uk **Tel:** 07748 332606

<https://familiesfeelingsafe.co.uk/courses-and-workshops-for-parents-and-carers/>

SEPT

18

9:30AM

ONLINE
COURSE

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

An 8 week course for **Mums, Dads and Carers**.

Are you looking for strategies and new ideas to help improve family life?

SEPT

30

7PM

ONLINE
COURSE

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

An 8 week course for **Mums, Dads and Carers**.

Are you looking for strategies and new ideas to help improve family life?

OCT

01

9:30AM

ONLINE
COURSE

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

An 8 week course for **Mums, Dads and Carers**.

Are you looking for strategies and new ideas to help improve family life?

OCT

01

7PM

ONLINE
COURSE

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

An 8 week course for **Dads and Male Carers**.

Are you looking for strategies and new ideas to help improve family life?



Calendar

JOIN THE TEAM

A Slice of Happiness is a Community Interest Company serving Hertfordshire, supporting adults in overcoming complex challenges and multiple issues. Through online group Programmes, we help people uncover their human potential.

Our 8-week online programme (3 hours per session) is available **free of charge for Hertfordshire residents who are unemployed or on Universal Credit or Pension Credit.** This is a non discharge service and all beneficiaries will have access to ongoing support upon completion of the programme.

<https://www.asliceofhappiness.org/unemployed/>

JULY

5:30PM

07

ONLINE
COURSE

FREE ONLINE SUPPORT GROUP

Areas we can help you with:

- Stress and overthinking
- Trauma
- Mental ill health including Clinical Diagnoses
- Physical limitations
- Poor decision-making and behaviours
- Relationship problems including Domestic Violence
- Parenting
- Loneliness and social isolation
- Lack of confidence
- Bereavement
- Addictions
- Suicidal thoughts

JULY

10:30AM

08

ONLINE
COURSE

FREE ONLINE SUPPORT GROUP

Areas we can help you with:

- Stress and overthinking
- Trauma
- Mental ill health including Clinical Diagnoses
- Physical limitations
- Poor decision-making and behaviours
- Relationship problems including Domestic Violence
- Parenting
- Loneliness and social isolation
- Lack of confidence
- Bereavement
- Addictions
- Suicidal thoughts



Reducing parental conflict – digital package

Three evidence-based courses for parents.
These courses are suitable for adults aged 18 or over.



Separating better

Your guide to a smoother separation

Download this **FREE** app for expert advice and emotional support for effective co-parenting.

www.oneplusone.org.uk/separating-better



Calendar

JOIN THE TEAM

Hertfordshire County Council is working with the relationship charity **OnePlusOne** to offer parents free access to online courses. Wherever you are in your parenting journey, these courses will help you learn how to cope with stress and communicate better.

Simply select '**Central England**' and '**Hertfordshire**' from the map using the link below and register for your **FREE** account.

<http://www.oneplusone.org.uk/parents>

ONEPLUSONE

Arguing better - for anyone looking to learn how to cope better with stress and deal with arguments in a healthy way.

Me, You and Baby Too - to help new and expecting parents navigate the changes that happen in their relationship when a baby arrives.

Getting it right for children - to help separated or separating parents learn to manage conflict and minimise the impact it has on their children.

There's also some helpful advice about the impact of debt on relationships.

THE SEPARATING BETTER APP

Are you a parent going through separation?

Separating better is a brand-new, **completely free**, mobile app, which can help guide you through the separation process, find effective ways of co-parenting, and sort out disagreements, all with the wellbeing of your child in mind.

***Separating better*: your essential companion for a smoother separation**

- Self-guided support: Expert emotional advice and practical information on childcare and financial arrangements.
- Progress tracking: Easily monitor your journey and achievements as you navigate separation.
- Emotional readiness quiz: Get a sense of where you are in your separation journey with our quiz.
- Co-parenting tips: Stay organised and communicate effectively with your co-parent.

To download the app, visit our website

<https://www.oneplusone.org.uk/separating-better>



Courses open to parent/carers who
are residents of Hertfordshire

SEPT

07

9:15AM

ONLINE
COURSE

SEPT

16

9:15AM

ONLINE
COURSE



Hertfordshire
Family Centre
Service



JULY

27

7:30PM

ONLINE
COURSE



Calendar

JOIN THE TEAM

These courses/workshops are run as real-time online using Google Classroom. This means that instead of having to go to a classroom, the classroom comes to you! You are taught by a teacher and you will have classmates that you share ideas with. To take part you will need a tablet or laptop/computer with a webcam and microphone to enable you to interact. A few days before the start, your teacher will email you with instructions on how to join the class.

<https://www.hertfordshire.gov.uk/microsites/adult-learning/step2skills-home.aspx>

EARLY YEARS SKILLS BOOTCAMP

Passionate about working with young children and looking to start or advance your career in Early Years education?

We've got fully funded Early Years Bootcamps designed to equip you with the skills you need to thrive in this rewarding field.

You will need to be able to commit to weekly online classes for 12 weeks.

EARLY YEARS SKILLS BOOTCAMP

Passionate about working with young children and looking to start or advance your career in Early Years education?

We've got fully funded Early Years Bootcamps designed to equip you with the skills you need to thrive in this rewarding field.

You will need to be able to commit to weekly online classes for 12 weeks.

The Children's Wellbeing Practitioners deliver several emotional wellbeing workshops throughout the year targeted at parents/carers and young people. These workshops are currently being delivered virtually via Microsoft Teams and a referral into the service is not required to access workshops.

You can book a place onto a workshop via [Eventbrite](https://www.eventbrite.co.uk). To use the Family Centre Service please make sure you sign up or it could effect your booking. Simply follow the link to sign up: <https://www.hertsfamilycentres.org/sign-up.aspx>

FAMILY TOOLKIT

The Family Toolkit in Hertfordshire is a free 5 week online parenting course offered by Family Centres for parents of children aged 2–5, designed to manage behaviour and improve family life



Beezee
in Hertfordshire



Calendar

JOIN THE TEAM

Beezee by Maximus deliver free healthy lifestyle programmes to encourage people of all ages to make long-lasting habits. Along with new pilots to constantly keep learning. A blend of behavioural science with real world experience to create there “habit before the habit” approach – helping people make lasting changes whilst bringing fun and practical support to help families lead healthier lives.

Join for FREE today:

[Step Up to Secondary - Free 6-Week Programme - Beezee by Maximus](#)

Tel: 01707 248648

JULY

27

6:30PM

**ONLINE
COURSE**

STEP UP TO SECONDARY

A FREE 6-week celebratory programme designed especially for Year 6 pupils to support them as they prepare for the exciting transition to secondary school. We recognise this is a challenging time for many families, and the programme has been carefully designed to help young people develop healthy habits and build confidence during this pivotal time in their lives.

JULY

28

6:30PM

**ONLINE
COURSE**

STEP UP TO SECONDARY

A FREE 6-week celebratory programme designed especially for Year 6 pupils to support them as they prepare for the exciting transition to secondary school. We recognise this is a challenging time for many families, and the programme has been carefully designed to help young people develop healthy habits and build confidence during this pivotal time in their lives.

JULY

29

5:30PM

**ONLINE
COURSE**

STEP UP TO SECONDARY

A FREE 6-week celebratory programme designed especially for Year 6 pupils to support them as they prepare for the exciting transition to secondary school. We recognise this is a challenging time for many families, and the programme has been carefully designed to help young people develop healthy habits and build confidence during this pivotal time in their lives.

Beezee
by maximus

Find **FREE** healthy lifestyle support
across Hertfordshire

Beezee
FAMILIES



Calendar

JOIN THE TEAM

BeeZee Bodies run a free, fun healthy lifestyle course called **BeeZee Families**. A team of family nutritionists and wellbeing coaches support children who are above the ideal weight for their age, and their families, to learn about healthy eating, fun physical activity, cooking sessions, top tips for healthy lifestyle, and how to make healthy habits for life!

hellohertfordshire@maximus.co.uk

Tel: 01707 248648

SEPT

14

5PM

LEAVESDEN
GREEN
COMMUNITY HUB
WD25 0BW

BEEZEE FAMILIES

A **FREE 12 week in-person** healthy lifestyle support programme for families in Hertfordshire. Learn about nutritious snacks and easy meals to cook together. **Ages 5-8.**

SEPT

14

5:30PM

**ONLINE
COURSE**

BEEZEE FAMILIES

A **FREE 10 week online** healthy lifestyle support programme for families in Hertfordshire. Learn about nutritious snacks and easy meals to cook together. **Ages 5-8.**

SEPT

14

6:30PM

**ONLINE
COURSE**

BEEZEE FAMILIES

A **FREE 10 week online** healthy lifestyle support programme for families in Hertfordshire. Learn about nutritious snacks and easy meals to cook together. **Ages 9-12.**

SEPT

17

5PM

CHATER JUNIOR
SCHOOL
WD18 0ND

BEEZEE FAMILIES

A **FREE 12 week in-person** healthy lifestyle support programme for families in Hertfordshire. Learn about nutritious snacks and easy meals to cook together. **Ages 5-8.**



TUES

**EVERY
WEEK**

1:30PM

**ALL SAINTS' CENTRE
GOSFORTH LANE
WATFORD
WD19 7AX**



WEDS

**1ST
WEDNESDAY OF
EACH MONTH**

10:30AM

**WATFORD RURAL
PARISH COUNCIL
OXHEY DRIVE
WD19 7SB**



Calendar

JOIN THE TEAM

Men's Club South Oxhey & Carpenders Park. Built by men, for men. Every Tuesday starting 17th March. Refreshments, Activities and Conversation.

For more information:

ascend@w&3rt.org

Tel: 0208 420 1364

MEN'S CLUB

Want connection? Come along!

Want company? Come along!

Want somewhere to be? Come along!

All men welcome—just turn up!

First session FREE then £2.50 p/w

The first step to a great career!

Drop in to our free monthly job club for information, advice and guidance on CV's, interviews, jobs, training and much more.

For more information:

ascend@w3rt.org

Tel: 07508 490 610

JOB CLUB

Identify your strengths

Address any barriers

Help you move forward to meet goals

Create a realistic action plan

121 appts are available



Angels supports families of autistic children and/or children who have ADHD (and those awaiting diagnosis). All Angels staff are parents of neurodivergent children.

JULY

07

10AM

**ONLINE
WORKSHOP**

JULY

14

7:30PM

**ONLINE
WORKSHOP**

JULY

16

7:30PM

**ONLINE
WORKSHOP**

JULY

21

10AM

**ONLINE
WORKSHOP**



Calendar

JOIN THE TEAM

Angels is an experience-led charity, based in Hertfordshire, which provides individualised, professional expertise and advice. We work alongside parents to build understanding of their children's conditions, their rights, ensuring their needs are met at home, at school, and in the community. Our key aim is to maximise the individual potential of each child and young person.

Please contact The Neurodiversity Support Hub: Tel:01727 833963 Lines are open from 9am-1pm weekdays
www.add-vance.org/parents/neurodiversity-support-hub/

SUPPORTING SENSORY NEEDS

An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance.

Zoom Tuesday 10am—12noon

AUTISM AND ANXIETY

An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance.

Zoom Tuesday 10am—12noon

EVENING PARENT/CARER SUPPORT GROUP

An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance.

Zoom Thursday 7.30pm—8.30pm

SURVIVING THE SUMMER HOLIDAYS

An hour long workshop that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about any topic or concern and can offer help support and guidance.

Zoom Tuesday 10am—12noon



For residents of Hertfordshire only



Calendar

JOIN THE TEAM

We organise and host workshops, training courses and conferences for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions.

<https://spaceherts.org.uk/events/>

JULY

03

10AM

ONLINE
WORKSHOP

UNDERSTANDING DUAL DIAGNOSIS: AUTISM AND ADHD

This workshop is designed to empower parents and carers with the knowledge and skills they need to reduce dependence on statutory services. Autism and ADHD are neurological conditions – these workshops explain the different presentations of these conditions.

JULY

06

6:30PM

ONLINE
WORKSHOP

SENSORY SIGNS, SIGNALS & SOLUTIONS

This online event is designed to help individuals understand and navigate the complex world of sensory experiences. During this workshop, we will explore various sensory signs and signals that neurodivergent individuals may experience, and discuss practical solutions to address them. Our speakers will share their knowledge and provide valuable insights on how to support individuals with sensory processing difficulties.

JULY

07

10AM

ONLINE
WORKSHOP

UNDERSTANDING TICS AND TOURETTE'S

A session with Sophia Christophi, on the subject of Tourette's syndrome.

Parents and carers will have a better understanding of what Tourette Syndrome is. They will be given strategies to enable them to better support their children and young people.

JULY

08

10AM

ONLINE
WORKSHOP

THERAPEUTIC THINKING FOR PARENT CARERS

This workshop is designed to equip parents and carers with the tools and knowledge to better understand and respond to their children's emotional and behavioural needs. It emphasises fostering positive behaviours and emotional regulation while reducing dependence on punitive measures. The workshop highlights strategies to create nurturing environments that promote children's mental health and valued behaviour.



For residents of Hertfordshire only



Calendar

JOIN THE TEAM

We organise and host workshops, training courses and conferences for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions.

<https://spaceherts.org.uk/events/>

JULY

09

6:30PM

ONLINE
WORKSHOP

PUBERTY AND SEND

This workshop is designed to help parents and carers understand more about the particular challenges faced by neurodiverse young people when they are going through puberty, and the impact this can have on their family and wider circle. Parents and carers will leave equipped with lots of strategies and approaches

JULY

10

10AM

ONLINE
WORKSHOP

SLEEP WORKSHOP

To support parents and carers to make positive changes to their child's sleep patterns, which will enable the whole family to benefit from more sleep. This will have a very positive effect on the health and wellbeing of all family members.

JULY

14

10AM

ONLINE
WORKSHOP

UNDERSTANDING AUTISM

This workshop is designed to empower parents and carers with the knowledge and skills they need to reduce dependence on statutory services. Autism is a neurological condition – this workshop explains the different ways Autism may present in children and young people.

JULY

21

7PM

PERCH & CO
WATFORD RD
CROXLEY GREEN
WD3 3BZ

CROXLEY SUPPORT GROUP

In-person monthly support group in Croxley
Our support group is open to all parents/carers/families who are raising children and young people with neurodiverse conditions including autism and ADHD.
Your child/young person does not need a diagnosis in order for you to access our groups, and the support group is **FREE to attend**.



For residents of Hertfordshire only

SEPT

07

10AM

ONLINE
WORKSHOP

SEPT

09

10AM

ONLINE
WORKSHOP

SEPT

09

10AM

ONLINE
WORKSHOP

SEPT

11

10AM

ONLINE
WORKSHOP



Calendar

JOIN THE TEAM

We organise and host workshops, training courses and conferences for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions.

<https://spaceherts.org.uk/events/>

UNDERSTANDING DYSLEXIA

Join us for an engaging and informative online workshop where we delve into the fascinating world of dyslexia. This workshop aims to provide a deeper understanding of dyslexia, its challenges, and how we can support individuals with dyslexia.

UNDERSTANDING DUAL DIAGNOSIS: AUTISM AND ADHD

This workshop is designed to empower parents and carers with the knowledge and skills they need to reduce dependence on statutory services. Autism and ADHD are neurological conditions – these workshops explain the different presentations of these conditions.

UNDERSTANDING DUAL DIAGNOSIS: AUTISM AND ADHD

This workshop is designed to empower parents and carers with the knowledge and skills they need to reduce dependence on statutory services. Autism and ADHD are neurological conditions – these workshops explain the different presentations of these conditions.

UNDERSTANDING BEHAVIOUR AS COMMUNICATION

This workshop focusses on supporting children's mental health and wellbeing through planned responses, role modelling, use of language and de-escalating situations before children reach crisis.



For residents of Hertfordshire only

SEPT

14

10AM

ONLINE
WORKSHOP

SEPT

15

10AM

ONLINE
WORKSHOP

SEPT

17

6:30PM

ONLINE
WORKSHOP

SEPT

21

10AM

ONLINE
WORKSHOP



Calendar

JOIN THE TEAM

We organise and host workshops, training courses and conferences for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions.

<https://spaceherts.org.uk/events/>

APPLYING FOR AN EHCP

This workshop is designed to empower parents and carers with the knowledge and confidence needed to apply for an EHCP. It explains the legal framework, thresholds, and evidence required, enabling families to navigate the process more effectively and advocate for their child or young person.

EXPLORING EBSNA

This workshop is designed to empower parents/carers with the knowledge and strategies to understand and respond to emotionally based school avoidance or non-attendance. It aims to reduce reliance on statutory services by equipping families with tools to identify early signs, understand underlying emotional causes, and support their child's reintegration into education in a compassionate and sustainable way.

ADHD IN GIRLS AND WOMEN

This workshop is designed to help parents and carers understand more about the particular challenges which girls with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them.

NAVIGATING THE SEND WORLD

An opportunity to meet other parent/carers who are in a similar situation and learn what support is available for families in Hertfordshire before and following a diagnosis, across health care, education and social care. Parents and carers will feel more confident and able to navigate the complexities of the SEND world, so they can access the support they need for their family.



For residents of Hertfordshire only



Calendar

JOIN THE TEAM

We organise and host workshops, training courses and conferences for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions.

<https://spaceherts.org.uk/events/>

SEPT

22

10AM

ONLINE
WORKSHOP

UNDERSTANDING ADHD

Online workshop to gain a deeper understanding of ADHD. Our speakers will delve into the intricacies of ADHD, sharing valuable insights, tips, and strategies to navigate the challenges it presents and celebrate neurodiversity. Discover effective techniques for fostering positive relationship and promoting success in various aspects of life.

SEPT

25

10AM

ONLINE
WORKSHOP

SLEEP WORKSHOP

To support parents and carers to make positive changes to their child's sleep patterns, which will enable the whole family to benefit from more sleep. This will have a very positive effect on the health and wellbeing of all family members.

SEPT

28

10AM

ONLINE
WORKSHOP

PDA, ODD AND ADHD

A workshop that looks at the definitions of these conditions as well as the differences and possible strategies to use. Parents, carers and professionals feel confident in the differences between ADHD, Oppositional Defiant Disorder and Demand-Avoidant Autism and have secured strategies to support their children's mental health.

SEPT

30

6:30PM

ONLINE
WORKSHOP

SENSORY SIGNS, SIGNALS & SOLUTIONS

This online event is designed to help individuals understand and navigate the complex world of sensory experiences. During this workshop, we will explore various sensory signs and signals that neurodivergent individuals may experience, and discuss practical solutions to address them. Our speakers will share their knowledge and provide valuable insights on how to support individuals with sensory processing difficulties.



For residents of Hertfordshire only



Calendar

JOIN THE TEAM

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<https://spaceherts.org.uk/events/>

OCT

05

10AM

**ONLINE
WORKSHOP**

PREPARING FOR A ANNUAL REVIEW (EHCP)

This workshop is designed to support parents and carers in preparing for EHCP Annual Reviews. It provides practical guidance on how to reflect on progress, identify ongoing needs, and contribute confidently to the review process to ensure the plan remains effective.

OCT

08

10AM

**ONLINE
COURSE**

PARENTING ADHD SKILLS

A 3 session course which covers understanding ADHD and gives some strategies and ideas about the best way to parent those with the condition.

Modules covered are: Understanding ADHD, Praise and Criticism, Organisational Aids, Learning Styles and Diet & Nutrition

OCT

08

6:30PM

**ONLINE
WORKSHOP**

PUBERTY AND NEURODIVERSITY

This workshop is designed to help parents and carers understand more about the particular challenges faced by neurodiverse young people when they are going through puberty, and the impact this can have on their family and wider circle. Parents and carers will leave equipped with lots of strategies and approaches.



For residents of Hertfordshire only



Calendar

JOIN THE TEAM

We organise and host workshops, training courses and conferences for parents and carers covering many aspects of supporting children and young people who are autistic, have ADHD or other neurodiverse conditions.

<https://spaceherts.org.uk/events/>

OCT

12

10AM

ONLINE
WORKSHOP

AUTISTIC GIRLS

A workshop to help parent/carers understand more about autistic girls and leave equipped with strategies & approaches to help support them.

This workshop is designed to help parents and carers understand more about the particular challenges which autistic girls can face as well as leave equipped with strategies and approaches to help celebrate and support them.

OCT

14

10AM

ONLINE
WORKSHOP

UNDERSTANDING AUTISM

This workshop is designed to empower parents and carers with the knowledge and skills they need to reduce dependence on statutory services. Autism is a neurological condition – this workshop explains the different ways Autism may present in children and young people.

OCT

20

10AM

ONLINE
WORKSHOP

UNDERSTANDING DUAL DIAGNOSIS: AUTISM AND ADHD

This workshop is designed to empower parents and carers with the knowledge and skills they need to reduce dependence on statutory services. Autism and ADHD are neurological conditions – these workshops explain the different presentations of these conditions.



Calendar

JOIN THE TEAM

Carers in Hertfordshire offer a range of free workshops and training related to caring, but also courses and learning events to help with your life outside caring.

With the variety of workshops, classes, courses and meetings that we host, there's something for every carer! Whether you want to learn something new, meet other carers, or have your say, we have a mixture of online and in-person events for you to join us at.

[Check out our latest events - Carers In Herts](#)

JULY

08

7PM

ONLINE
GROUP

EVENING CARERS' GROUP

If your caring commitments mean you can't join a group in the day, our Evening Group is perfect for you! Meet with other carers, share information, support each other and chat over a cuppa.

JULY

09

1PM

SOUTH OXHEY
LIBRARY
BRIDLINGTON RD
WD19 7AG

SOUTH OXHEY HUB

Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa.

JULY

10

10:30PM

ONLINE
GROUP

MORNING CARERS' GROUP

If you prefer to meet online during the day, join our Morning Carers' Group! Meet with other carers, share information, support each other and chat over a cuppa.

JULY

13

10:30AM

ST LUKE'S CHURCH
CHURCH LOUNGE
LANGLEY WAY
WD17 3EG

WATFORD HUB

Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa. **William Robinson will be joining us from HertsHelp to talk about the service they provide.**



Calendar

JOIN THE TEAM

Carers in Hertfordshire offer a range of free workshops and training related to caring, but also courses and learning events to help with your life outside caring.

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[Check out our latest events - Carers In Herts](#)

JULY

20

10:30AM

CHRISTCHURCH C OF E
CHURCH
THE COMMON
RICKMANSWORTH
WD3 5SG

JULY

21

10:30AM

ONLINE
GROUP

JULY

28

1PM

ST LUKE'S CHURCH
CHURCH LOUNGE
LANGLEY WAY
WD17 3EG

AUG

10

10:30AM

ST LUKE'S CHURCH
CHURCH LOUNGE
LANGLEY WAY
WD17 3EG

CHORLEYWOOD AND RICKMANSWORTH HUB

Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa.

Diana Moody will be running a gentle chair based exercise session to music. 'Gentle exercise offers numerous benefits to all, including improved physical and mental well-being.

MEN'S CARERS' SUPPORT GROUP

Join our Carer Support Group for men where you can meet with other carers, share information, support each other and chat over a cuppa.

WATFORD BEREAVEMENT GROUP

Our bereavement groups are for carers who have experienced the loss of the person they cared for.

Need some support after the person you care for has passed away? Join our friendly volunteers for a cup of tea or coffee and a chat.

WATFORD HUB

Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa.

We will be joined by Julie Churchouse from the Alzheimer's Society to talk about dementia awareness and Alzheimer's and Memory Support Hertfordshire.



Calendar

JOIN THE TEAM

Carers in Hertfordshire offer a range of free workshops and training related to caring, but also courses and learning events to help with your life outside caring.

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[Check out our latest events - Carers In Herts](#)

AUG

11

7:30PM

ONLINE
GROUP

MENTAL HEALTH CARERS SUPPORT GROUP

If your caring commitments mean you can't join a group in the day, our Evening Group is perfect for you! Meet with other carers, share information, support each other and chat over a cuppa.

AUG

12

7PM

ONLINE
GROUP

EVENING CARERS' GROUP

If your caring commitments mean you can't join a group in the day, our Evening Group is perfect for you! Meet with other carers, share information, support each other and chat over a cuppa.

AUG

14

10:30PM

ONLINE
GROUP

MORNING CARERS' GROUP

If you prefer to meet online during the day, join our Morning Carers' Group! Meet with other carers, share information, support each other and chat over a cuppa.

AUG

17

10:30AM

ONLINE
GROUP

CHORLEYWOOD AND RICKMANSWORTH HUB

Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa.



Calendar

JOIN THE TEAM

Carers in Hertfordshire offer a range of free workshops and training related to caring, but also courses and learning events to help with your life outside caring.

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[Check out our latest events - Carers In Herts](#)

AUG

18

10:30AM

ONLINE
GROUP

MEN'S CARERS' SUPPORT GROUP

Join our Carer Support Group for men where you can meet with other carers, share information, support each other and chat over a cuppa.

AUG

25

1PM

ST LUKE'S CHURCH
CHURCH LOUNGE
LANGLEY WAY
WD17 3EG

WATFORD BEREAVEMENT GROUP

Our bereavement groups are for carers who have experienced the loss of the person they cared for.

Need some support after the person you care for has passed away? Join our friendly volunteers for a cup of tea or coffee and a chat.

SEPT

09

7PM

ONLINE
GROUP

EVENING CARERS' GROUP

If your caring commitments mean you can't join a group in the day, our Evening Group is perfect for you! Meet with other carers, share information, support each other and chat over a cuppa.

SEPT

11

10:30PM

ONLINE
GROUP

MORNING CARERS' GROUP

If you prefer to meet online during the day, join our Morning Carers' Group! Meet with other carers, share information, support each other and chat over a cuppa.



Calendar

JOIN THE TEAM

Carers in Hertfordshire offer a range of free workshops and training related to caring, but also courses and learning events to help with your life outside caring.

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SEPT

14

10:30AM

ST LUKE'S CHURCH
CHURCH LOUNGE
LANGLEY WAY
WD17 3EG

WATFORD HUB

Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa. **We will be joined by Julie Churchouse from the Alzheimer's Society to talk about dementia awareness and Alzheimer's and Memory Support Hertfordshire.**

SEPT

15

10:30AM

ONLINE
GROUP

MEN'S CARERS' SUPPORT GROUP

Join our Carer Support Group for men where you can meet with other carers, share information, support each other and chat over a cuppa.

SEPT

17

7:30PM

ONLINE
GROUP

MENTAL HEALTH CARERS SUPPORT GROUP

If your caring commitments mean you can't join a group in the day, our Evening Group is perfect for you! Meet with other carers, share information, support each other and chat over a cuppa.

SEPT

21

10:30AM

ONLINE
GROUP

CHORLEYWOOD AND RICKMANSWORTH HUB

Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa.

Funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only

ADD-vance



JULY

07

1:30PM

ONLINE
SUPPORT
GROUP

ADD-vance



SEPT

09

7PM

ONLINE
COURSE



Calendar

JOIN THE TEAM

FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity.

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>

Tel: 01727 833963 Email: herts@add-vance.org

PDA ONLINE SUPPORT GROUP FOR PARENTS/CARERS

An **FREE** online PDA support group for parents and carers of children with characteristics of Pathological Demand Avoidance

FREE ONLINE COURSES FOR HERTS PARENTS/CARERS

ADD-vance is a dedicated group of professionals, who also happen to be parents of children with ADHD and/ or Autism. Our mission is to support the families of neurodiverse children and the professionals involved in their care. We want to increase understanding and change perceptions, to help these young people reach their full potential

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>

Tel: 01727 833963 Email: herts@add-vance.org

UNDERSTANDING ADHD & AUTISM FOR DADS

An introductory 6 week course for **fathers and male carers** of children aged 5-14 yrs (or 4 yrs and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

Understand anxiety and anger triggers

Reduce meltdowns and other behaviours which challenge

Develop positive behaviour strategies

Funded by Hertfordshire County Council's
Targeted Parenting Fund and is open to
residents of Hertfordshire only

ADD-vance



SEPT

08

10AM

**ONLINE
COURSE**

SEPT

10

10AM

**ONLINE
COURSE**

SEPT

14

9:30AM

**ONLINE
COURSE**

SEPT

17

10AM

**ONLINE
COURSE**



Calendar

JOIN THE TEAM

FREE ONLINE COURSES FOR HERTS PARENTS/CARERS

ADD-vance is a dedicated group of professionals, who also happen to be parents of children with ADHD and/ or Autism. Our mission is to support the families of neurodiverse children and the professionals involved in their care. We want to increase understanding and change perceptions, to help these young people reach their full potential

For more information and to book your FREE place please see <http://add-vance.eventbrite.com/>

Tel: 01727 833963 Email: herts@add-vance.org

UNDERSTANDING ADHD & AUTISM FOR PARENTS. CARERS OF GIRLS

An introductory 6 week online course for **parent/carers of girls** aged 5-14 yrs (or 4 yrs and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism. Parent/carers of boys who present in a similar way to girls in terms of ADHD/Autism traits, are also welcome.

UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS

An introductory 6 week online course for parents/carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism .
Understand ADHD, Autism and related conditions
Build your child's self-esteem
Understand anxiety and anger triggers

UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

An introductory 6 week online course for parents/carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism .
Understand ADHD, Autism and related conditions
Build your child's self-esteem

UNDERSTANDING ADHD & AUTISM IN THE TEEN YEARS

An introductory 6 week course for Parent/carers of pre-teens and teens aged 12-15 yrs (or 11 yrs and already at secondary school) with a diagnosis or suspected diagnosis of ADHD and/ or Autism.
Understand the challenges faced by Autistic and ADHD teens
Help your teen to understand themselves better and develop their identity

Funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only

ADD-vance



SEPT

15

4.30PM

**ONLINE
COURSE**

SEPT

16

10AM

**ONLINE
COURSE**



Calendar

JOIN THE TEAM

FREE ONLINE COURSES FOR CHILDREN AND YOUNG TEENS

ADD-vance is a dedicated group of professionals, who also happen to be parents of children with ADHD and/ or Autism. Our mission is to support the families of neurodiverse children and the professionals involved in their care. We want to increase understanding and change perceptions, to help these young people reach their full potential

For more information and to book your FREE place please see: [ADD-vance](#)

UNDERSTANDING MY ADHD: EMPOWERMENT COURSE FOR CHILDREN & YOUNG TEENS

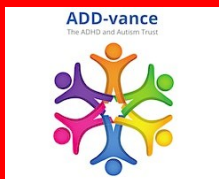
Join us for a transformative 6-week group course designed to empower Yr5 & 6 ADHD children and young teens. Through interactive sessions, participants will explore what ADHD means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness. **A diagnosis is not required, although your child should be on the pathway and aware that they are likely ADHD.**

UNDERSTANDING MY AUTISM: EMPOWERMENT COURSE FOR CHILDREN & YOUNG TEENS

Join us for a transformative 6-week group course designed to empower Yr5 & 6 ADHD children and young teens. Through interactive sessions, participants will explore what ADHD means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness. **A diagnosis is not required, although your child should be on the pathway and aware that they are likely ADHD.**

Funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only

ADD-vance



Calendar

JOIN THE TEAM

FREE ONLINE WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can be accessed via a PC, laptop, tablet or smartphone.

For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

JULY

01

10AM

**ONLINE
WORKSHOP**

TIPS & TOOLS TO MANAGE EVERYDAY CHANGES

An online workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. Understand what is meant by 'transition' Discover why neurodivergent children/young people find everyday changes (transitions) difficult. Identify strategies to support your child with different types of transition.

JULY

06

7PM

**ONLINE
WORKSHOP**

TIPS & TOOLS TO SUPPORT EXECUTIVE FUNCTION

An workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. Explore the link between executive function and behaviour. Be aware of alternative causes of disorganisation or poor memory. Develop strategies to support your child with learning both at home and at school

JULY

08

10AM

**ONLINE
COURSE**

TIPS & TOOLS FOR POSITIVE BEHAVIOUR

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism
To give parents a selection of tools to encourage positive behaviours. To have a better understanding of how to motivate their child. To have an understanding of how parental responses impact the behaviour patterns of their child

SEPT

07

7PM

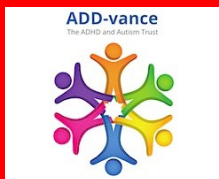
**ONLINE
WORKSHOP**

IDENTIFYING ADHD/AND OR AUTISM

An introductory workshop for parents/carers of neurodivergent children and young people up to 18 years. Understand the diagnostic criteria and Herts diagnostic pathways
Support clinicians with accurate assessment
Explore the pros and cons of receiving a diagnosis
Feel confident to explain diagnoses in a strengths-based way

Funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only

ADD-vance



Calendar

JOIN THE TEAM

FREE ONLINE WORKSHOPS FOR PARENTS/CARERS

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SEPT

08

10AM

**ONLINE
WORKSHOP**

UNDERSTANDING ANXIETY

An introductory online course for parents/carers of girls aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. Parent/carers of boys who present in a similar way to girls in terms of ADHD/Autism traits, are also welcome .
Recognise how these conditions often present in girls
Understand anxiety and anger triggers
Develop positive behaviour strategies

SEPT

09

10AM

**ONLINE
WORKSHOP**

UNDERSTANDING AUTISM

An introductory workshop for parents/carers of neurodivergent children and young people up to 18 years. To understand more about autism
Recognise the different ways that autism may 'present' in children and young people (including co-existing conditions)
Explore the strengths and challenges associated with autism
Identify helpful support strategies

SEPT

14

7PM

**ONLINE
WORKSHOP**

UNDERSTANDING AUTISM FOR PARENTS/CARERS OF GIRLS

An introductory workshop for parents/carers of girls up to 18 years with a diagnosis or suspected diagnosis of Autism.
To remind ourselves of the characteristics of Autism
Explore how Autism may present differently in girls and young women
Identify strategies to support Autistic girls

SEPT

16

10AM

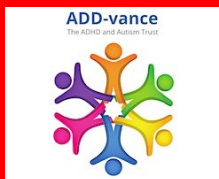
**ONLINE
WORKSHOP**

UNDERSTANDING ADHD AND AUTISM IN THE EARLY YEARS

A FREE introductory 1.5hr workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.

Funded by Hertfordshire County Council's
Targeted Parenting Fund and is open to
residents of Hertfordshire only

ADD-vance



Calendar

JOIN THE TEAM

FREE ONLINE WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can be accessed via a PC, laptop, tablet or smartphone.

For more details and to book your **FREE** ticket, please see
<http://add-vance.eventbrite.com/> or visit our website
<http://www.add-vance.org/>

SEPT

21

7PM

**ONLINE
WORKSHOP**

UNDERSTANDING PDA (PATHOLOGICAL DEMAND AVOIDANCE)

An introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism.

Understand more about the 'PDA' presentation of autism
Explore helpful support strategies
Know where to get more help.

SEPT

23

10AM

**ONLINE
WORKSHOP**

UNDERSTANDING ADHD

An introductory workshop for parents/carers of children up to 18 years with a diagnosis (or suspected diagnosis) of ADHD. Understand more about the strengths and challenges associated with ADHD

Recognise the different ways that ADHD may 'present' in children/young people, including co-existing conditions
Explore helpful support strategies

SEPT

28

7PM

**ONLINE
WORKSHOP**

UNDERSTANDING NEURODIVERGENT TEENS

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.

Understand the neurological/hormonal changes that happen during teenage years

Explore why neurodivergent children/young people may be more sensitive to neurological/hormonal changes

Discuss the building blocks and basic principles for supporting teens

SEPT

30

10AM

**ONLINE
WORKSHOP**

SUPPORTING SIBLINGS

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.

Understand the unique needs of siblings

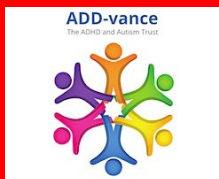
Develop strategies to meet their needs

Realign expectations of how family life 'should be'

Know where to get more help

Funded by Hertfordshire County Council's
Targeted Parenting Fund and is open to
residents of Hertfordshire only

ADD-vance



Calendar

JOIN THE TEAM

FREE ONLINE WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can be accessed via a PC, laptop, tablet or smartphone.

For more details and to book your **FREE** ticket, please see
<http://add-vance.eventbrite.com/> or visit our website
<http://www.add-vance.org/>

OCT

05

10AM

**ONLINE
WORKSHOP**

UNDERSTANDING CHALLENGING BEHAVIOUR

An introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism.

Examine what we mean by 'challenging behaviour'

Understand why challenging behaviour is more common in neurodiverse children/young people

Identify triggers and underlying needs

OCT

07

10AM

**ONLINE
WORKSHOP**

TIPS & TOOLS TO MANAGE ANGER

An introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism.

Understand more about anger as a 'secondary emotion'

Discuss why neurodivergent children are more likely to experience anger

Explore 'the rage cycle' and how to handle a 'meltdown'

OCT

12

7PM

**ONLINE
WORKSHOP**

UNDERSTANDING SENSORY DIFFERENCES

An introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism.

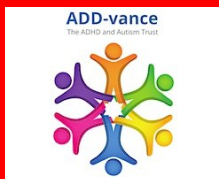
Understand more about sensory processing

Explore the differences that neurodivergent children/young people may experience in the 8 key sensory systems

Investigate strategies and adjustments to support these differences

Funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only

ADD-vance



OCT

14

10AM

**ONLINE
WORKSHOP**

OCT

19

7PM

**ONLINE
WORKSHOP**

OCT

21

10AM

**ONLINE
WORKSHOP**



Calendar

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TIPS & TOOLS TO MANAGE SENSORY DIFFERENCES

A workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand the link between sensory differences and behaviour

Discover how to work out your child's unique sensory profile
Explore strategies and adjustments to support your child to manage their sensory differences

PREPEARING FOR ADULthood (14+)

An online workshop for parents/carers of children from 14 to 18 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

Be reminded why change may be difficult
Explore education/training/employment options for children/young people from 14+
Explore options to encourage Good Health, Participation in the Community and Independent Living

UNDERSTANDING SELF-HARM

An introductory workshop for parents/carers of neurodivergent children and young people up to 18 years.

Explore the definition of self-harm
Discuss why neurodiverse children and young people might be at greater risk of self-harm
Explore strategies to support a child or young person who self-harms



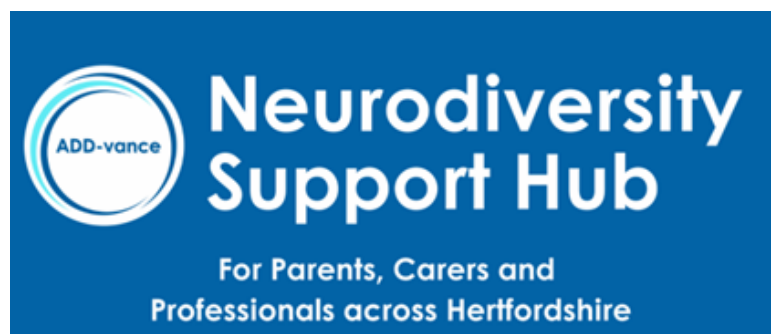
Calendar

JOIN THE TEAM

Every member of our helpline team is a parent or carer of a neurodivergent child. When you call us, you aren't just speaking to an advisor, you are speaking to someone who truly understands.

Whether you need practical advice, emotional support, or simply a listening ear, we're here for you.

<https://www.add-vance.org/parents/neurodiversity-support-hub/>



 **01727 833 963**

 **supporthub@add-vance.org**

Whether you need practical advice, emotional support or simply a listening ear, we're here for you.

Helpline hours:

Term Time: Mon, Wed & Fri: 9am - 1pm

Tues & Thurs: 9am - 3pm

Wed evenings (by appointment): 7pm - 9pm

School Holidays: Mon - Fri: 9am - 1pm

All our helpline team are parents/carers of neurodivergent children.

