



## FREE ONLINE SPRING 2024 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/carers	Mon	8.1.24	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Wed	10.1.24	19:00 - 20:30	Online
Understanding Autism	Parents/carers	Thu	11.1.24	10:00 - 11:30	Online
Understanding PDA	Parents/carers	Mon	15.1.24	19:00 - 20:30	Online
Understanding Autism In Girls	Parents/carers	Wed	17.1.24	10:00 - 11:30	Online
Understanding ADHD In Girls	Parents/carers	Thu	18.1.24	10:00 - 11:30	Online
Support for Dads	Parents/carers	Mon	22.1.24	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/carers	Wed	24.1.24	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Thu	25.1.24	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	29.1.24	19:00 - 20:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	31.1.24	10:00 - 11:30	Online
Supporting Siblings	Parents/carers	Mon	5.2.24	19:00 - 20:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Wed	7.2.24	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/carers	Thu	8.2.24	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	12.2.24	10:00 - 11:30	Online
Tips & Tools to Manage School Avoidance	Parents/carers	Wed	14.2.24	10:00 - 11:30	Online
<b>Half Term</b>					
Tips & Tools to Support Emotional Development	Parents/carers	Mon	26.2.24	19:00 - 20:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	28.2.24	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/carers	Thu	29.2.24	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	4.3.24	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	6.3.24	10:00 - 11:30	Online
Understanding Anxiety	Parents/carers	Mon	11.3.24	19:00 - 20:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Wed	13.3.24	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/carers	Mon	18.3.24	19:00 - 20:30	Online
Understanding Neurodiverse Teens	Parents/carers	Wed	20.3.24	10:00 - 11:30	Online
Preparing for Adulthood	Parents/carers	Mon	25.3.24	19:00 - 20:30	Online
Tips & Tools to Support Puberty	Parents/carers	Wed	27.3.24	10:00 - 11:30	Online

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing, I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

**Hertfordshire County Council funded workshops** - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

☎ 01727 833963

✉ [herts@add-vance.org](mailto:herts@add-vance.org)

🌐 <http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website

These workshops are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only