



ADD-vance

The ADHD and Autism Trust

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FREE ONLINE WORKSHOPS FOR PARENTS/CARERS

We are delighted to announce our programme of SPRING TERM ONLINE WORKSHOPS for parents/carers 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 Facebook page.

THE SEND JOURNEY WORKSHOPS	Date	Time
Identifying ADHD and/or Autism in your child	Mon 11 Jan	10.00-11.30
Caring for your neurodiverse child (and yourself!)	Mon 18 Jan	10.00-11.30
Working in partnership with school to support your neurodiverse child	Mon 25 Jan	10.00-11.30
Managing the transition to Primary School for your neurodiverse child	Mon 1 Feb	10.00-11.30
Managing the transition to Secondary School for your neurodiverse child	Mon 8 Feb	10.00-11.30
Applying for an ECHP for your neurodiverse child	Mon 22 Feb	10.00-11.30
Preparing for an EHCP Annual Review for your neurodiverse child	Mon 1 Mar	10.00-11.30
Support for Dads with neurodiverse children	Mon 8 Mar	10.00-11.30
Supporting Siblings in neurodiverse families	Mon 15 Mar	10.00-11.30
Preparing for Adulthood (14+)	Mon 22 Mar	10.00-11.30
Preparing for Adulthood (16+)	Wed 24 Mar	10.00-11.30
Preparing for Adulthood (18+)	Thu 25 Mar	10.00-11.30

'I feel so much better prepared for the future'

'I finally understand my child!'

PSYCHO-EDUCATION WORKSHOPS	Date	Time
Understanding ADHD	Wed 13 Jan	10.00-11.30
Understanding Autism	Wed 20 Jan	10.00-11.30
Understanding Pathological Demand Avoidance (PDA)	Wed 27 Jan	10.00-11.30
Understanding ADHD in Girls	Wed 3 Feb	10.00-11.30
Understanding Autism in Girls	Wed 10 Feb	10.00-11.30
Understanding Challenging Behaviour	Wed 24 Feb	10.00-11.30
Understanding Sensory Differences	Wed 3 Mar	10.00-11.30
Understanding Anxiety	Wed 10 Mar	10.00-11.30
Understanding Teens with ADHD/Autism	Wed 17 Mar	10.00-11.00

SKILL-BUILDING WORKSHOPS	Date	Time
Tips and tools to build your child's self-esteem	Thu 14 Jan	10.00-11.30
Tips and tools to support communication with your child	Thu 21 Jan	10.00-11.30
Tips and tools to improve sleep	Fri 22 Jan	10.00-11.30
Tips and tools to teach your child about emotions and self-regulation	Thu 28 Jan	10.00-11.30
Tips and tools to support your child's learning (executive function)	Thu 4 Feb	10.00-11.30
Tips and tools for toileting	Fri 5 Feb	10.00-11.30
Tips and tools to manage change (transitions)	Thu 11 Feb	10.00-11.30
Tips and tools for positive behaviour	Thu 25 Feb	10.00-11.30
Tips and tools to manage anger	Fri 26 Feb	10.00-11.30
Tips and tools to help your child manage sensory differences	Thu 4 Mar	10.00-11.30
Tips and tools to manage anxiety	Thu 11 Mar	10.00-11.30
Tips and tools to manage self-harm	Fri 12 Mar	10.00-11.30
Tips and tools to support your child through puberty	Thu 18 Mar	10.00-11.30
Tips and tools to teach your child social skills	Fri 19 Mar	10.00-11.30

'I have some great new ideas to try at home'

ADD-vance will only use your data for the administration of the workshops and anonymised reporting to funders. We will not pass your personal information on to any third parties. Please note you may be contacted by our funders, Hertfordshire County Council, for feedback following the workshops.