

# Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2026



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← [Eventbrite Page](#)

## RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

**Monday 21<sup>st</sup> September, 7.30-9.15pm**

Workshop SL-871 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-871-for-parentscarers-in-herts-registration-1989106887245>

## ANXIETY & STRESS



- The difference between stress and anxiety.
- Understanding anxiety conditions in ASD/ADHD.
- Spot the signs of stress.
- Triggers amongst neurodivergent children.
- Help your anxious child feel safe.
- Early warning signs of mental health problems.

**Wednesday 30<sup>th</sup> September, 7.30-9.15pm**

Workshop SL-869 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-869-for-parentscarers-in-herts-registration-1988978053901>

## SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance or Non-Attendance & what is your child's experience.
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

**Wednesday 21<sup>st</sup> November, 7.30-9.15pm**

Workshop SL-872 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance872-for-parentscarers-in-herts-registration-1989109348607>

## TECH USE



- Understand your child's use of Social Media, Gaming & the Internet.
- The effect of banning, strict time limits or using devices as a reward or consequence.
- Teach children how to manage their tech use, stay safe online and switch off.
- Improve communication and reduce conflict.
- Dopamine and other hormones.

**Thursday 19<sup>th</sup> November, 9.30-11.15am**

Workshop SL-870 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-870-for-parentscarers-in-herts-registration-1989100977569>

Parent newsletter: <https://supportinglinks.eo.page/png1q>



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