



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/>



Promoting Strong Family Relationships

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

JUNE

7:45PM

03

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 760

JUNE

7:45PM

04

ONLINE
COURSE

TALKING DADS

6 FREE weekly sessions for **dads and male carers with children aged 0-11** to help you to develop your dad/child relationship, now and for the future.

Pre-booking essential—quote course ID 761

JUNE

9:45AM

05

ONLINE
COURSE

TALKING FAMILIES

6, weekly sessions for parents and carers of children aged 0-11 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 757



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.supportinglinks.co.uk/whatson.html>

JUNE

7.30PM

09

ONLINE
COURSE

TALKING ASD & ADHD WORKSHOP: RESPONDING TO ANGER

Recognise, respond to and reduce the impact of anger in your family. Based on our CAN Parent accredited Anger: Escaping the Trap course, we have developed this popular workshop that is more than anger management strategies, because we want anyone who attends to leave understanding what is happening for their child and what they can do about it.

Pre-booking essential—quote course ID SL764

JUNE

7.30PM

25

ONLINE
COURSE

TALKING ASD & ADHD WORKSHOP: THE TEENAGE YEARS

Recognise, respond to and reduce the impact of anger in your family. Based on our CAN Parent accredited Anger: Escaping the Trap course, we have developed this popular workshop that is more than anger management strategies, because we want anyone who attends to leave understanding what is happening for their child and what they can do about it.

Pre-booking essential—quote course ID SL765

JULY

9.30AM

02

ONLINE
COURSE

TALKING ASD & ADHD WORKSHOP: 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 SL766



Families In Focus CIC

Enabling families to be stronger together

DSPL | Delivering Special Provision Locally
Achieving quality outcomes



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: bookings@famiiesinfocus.co.uk for further details

JUNE

9:30AM

03

**ONLINE
COURSE**

HANDLING ANGER IN THE FAMILY

FREE 6 Week Handling Anger in your family (with primary aged children) for parents living in Hertfordshire via ZOOM (free downloadable app) This CANparent quality mark course is for parents of primary aged children, and provides practical and proven techniques to reduce angry meltdowns in your family.

SEPT

9:30AM

09

**ONLINE
COURSE**

**COMPLETE GUIDE TO PARENTING CHILDREN
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

6:30PM

09

**ONLINE
COURSE**

**COMPLETE GUIDE TO PARENTING CHILDREN
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

9:30AM

10

**ONLINE
COURSE**

**HANDLING ANGER OF PRIMARY AGED CHILDREN
WITH ADHD AND/OR AUTISM**

A free six-week course for parents with primary aged children with ADHD and/or Autism, living in Hertfordshire. This very popular, effective and award winning anger management course helps parents to gain understanding of Autism and ADHD and how behaviours can be effected



Families In Focus CIC

Enabling families to be stronger together

DSPL | Delivering Special Provision Locally
Achieving quality outcomes

SEPT

10

12:30PM

ONLINE
COURSE

SEPT

10

6:30PM

ONLINE
COURSE



To get codes for Parent Network online sessions, join our closed Facebook group here – <https://www.facebook.com/groups/184975381651870/>

TUES

48 WKS
PER YEAR

8PM

ONLINE
COURSE



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: bookings@familiesinfocus.co.uk for further details

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Parent Networks are a mixture of free in-person and online support groups for parents of children and young people with SEND, where it is safe to share tips, stories, advice, or have a chat with others who truly understand how challenging family life can be.

Parent Network community is warm, welcoming, and friendly. As parents ourselves, we recognise how isolating it can be living with daily challenges and we simply want you to feel comfortable and connect with other parents who live in families similar to yours.

FIF ARMS

The FIF Arms is a drop-in session for parents of children with SEND, and you can join any time from 8-9.30pm, for as little or as much time as you like.

Join Siobhann and Tracey at the FIF Arms, every Tuesday, 8-10pm, online via Zoom, 48 weeks of the year. Everyone welcome!



Courses open to parent/carers who are residents of Hertfordshire

JUNE

04

9:30AM

**ONLINE
COURSE**

JUNE

04

7PM

**ONLINE
COURSE**

JUNE

05

7PM

**ONLINE
COURSE**

JUNE

06

9:30AM

**ONLINE
COURSE**



Calendar

JOIN THE TEAM

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 register, visit: <https://www.familylives.org.uk/>

To book or further information please call Louise on 0204 522 8700 or email services@familylives.org.uk

CO-PARENTING WITH CARE

Online course for parents of children with SEN

This online programme will help parents navigate the complexities of co-parenting and provide the best possible support for their SEND child.

GETTING ON WITH YOUR PRE TEEN/TEENAGER

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

CO-PARENTING WITH CARE

Online course for parents of children with SEN

This online programme will help parents navigate the complexities of co-parenting and provide the best possible support for their SEND child.

LESS SHOUTING. MORE COOPERATION

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.



Courses open to parent/carers who are residents of Hertfordshire

JUNE

10

7PM

ONLINE COURSE

JUNE

24

9:30AM

ONLINE COURSE



Calendar

JOIN THE TEAM

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 register, visit: <https://www.familylives.org.uk/>

To book or further information please call Louise on 0204 522 8700 or email services@familylives.org.uk

SORTING OUT FAMILY ARGUMENTS

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.

ANXIETY AROUND ADHD

This **2-hour workshop** is for parents and carers who suspect or have received a recent diagnosis that their child has ADHD. The workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

Healthy Hubs are a free one-stop shop for health and wellbeing information, advice and support, making sure you get the help and guidance that is right for you.

Run by the district and borough councils, there are many Healthy Hubs across Hertfordshire with at least one hub in each district.

Each one has teamed up with a range of local professionals to ensure that you can access the right service for your needs. You might not be entirely sure what help or support you need, but we can help figure this out and offer you the right support to look after your mental health, stop smoking, seek debt advice or simply get more active.

HERTFORDSHIRE HEALTHY HUBS

Come meet us in person for a friendly chat about your health and wellbeing. Choose your nearest hub from below to find out when it's open and how to get in touch.

Tues 12pm-2pm Methodist Church, Mill End ([Three Rivers](#))

Weds 9am-5pm School Mead, Abbots Langley ([Three Rivers](#))

Weds 9am-5pm Watford Town Hall ([Watford](#))

Thurs 9.30am-5pm South Oxhey Library ([Three Rivers](#))

<https://www.healthyhubs.org.uk/contact/find-your-local-healthy-hub.aspx>



A SLICE OF
HAPPINESS
NOBODY IS BROKEN



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

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

JULY

10:30AM

09

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



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.



JULY

03

10AM

ASDA WATFORD
COMMUNITY
ROOMS
ST ALBANS RD
WD24 7RT



Delivering Special Provision Locally

PARENT/CARER COFFEE MORNING

Please join the **DSPL9 Triage team** to find out about the support available locally and to meet other parents and carers of children with SEND. We are delighted to also be welcoming professionals from Children and Young People's Mental Health Services, SPACE Herts and Add Vance.

If you would like to attend or to find out more, please email us at: enquiries@dsplarea9.org.uk



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only

JUNE

02

6:30PM

ONLINE
COURSE

JUNE

03

10AM

ONLINE
COURSE

JUNE

03

7PM

ONLINE
COURSE

JUNE

04

10AM

ONLINE
COURSE

JUNE

05

10AM

ONLINE
COURSE



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.

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.

UNDERSTANDING TICS AND TOURETTE'S

Tourette Syndrome is an inherited, neurological condition, the key features of which are tics, involuntary and uncontrollable sounds and movements. 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.

SENSORY SIGNS, SIGNALS & SOLUTIONS

Join us for the **Sensory Signs, Signals and Solutions Workshop!** 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.

ANXIETY AND SEND

A workshop that looks at anxiety and what parents can do to support their SEN children when they become anxious. Parents and carers who attend will be more confident in recognising and managing their child's anxiety.

NEURODIVERSITY IN GIRLS AND WOMEN (ADHD & AUTISM)

A 4-week course, where we explore how Autism and ADHD present differently in females. Designed to help parents and carers understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them.



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only

JUNE

06

10AM

ONLINE
COURSE

JUNE

09

10AM

ONLINE
COURSE

JUNE

09

6:30PM

ONLINE
COURSE

JUNE

10

10AM

ONLINE
COURSE

JUNE

10

6:30PM

ONLINE
COURSE



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.

PDA, ODD AND ADHD: UNDERSTANDING THE DIFFERENCES

A workshop that looks at the definitions of these conditions as well as the differences and possible strategies to use. Attendees will 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.

ENCOURAGING INDEPENDENCE IN NEURODIVERSE YOUNG PEOPLE

A workshop to equip delegates with strategies to support independence and key skill development in neurodivergent children and young people. This workshop will give participants simple, practical tools to assess progress, provide tailored support and guidance and create and implement activities that build key life skills.

UNDERSTANDING DYSLEXIA

Join our online workshop to gain valuable insights into dyslexia and learn effective strategies to support children. By participating in the Understanding Dyslexia Workshop, you will gain valuable knowledge and practical strategies to create a more inclusive environment for individuals with dyslexia.

SLEEP WORKSHOP

A workshop exploring the interface of neurodiversity and sleep before exploring practical strategies to support better sleep. 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.

AUTISTIC GIRLS WORKSHOP

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



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only

JUNE

11

10AM

**ONLINE
COURSE**

JUNE

13

10AM

**ONLINE
COURSE**

JUNE

16

10AM

**ONLINE
COURSE**

JUNE

17

10AM

**ONLINE
COURSE**

JUNE

17

6:30PM

**ONLINE
COURSE**



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.

UNDERSTANDING BEHAVIOUR AS COMMUNICATION A THERAPEUTIC APPROACH

A workshop that looks at what lies beneath the behaviours and introduces possible strategies to use to help de-escalate situations.

UNDERSTANDING DUAL DIAGNOSIS: AUTISM AND ADHD

A workshop that explores a dual diagnosis of both ADHD and Autism, to help to understand the conditions. Designed to empower parents/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 AND SUPPORTING EMOTIONAL REGULATION

The session incorporates research from developmental psychology and includes case studies.
Presented by Susan Brooks - Educational and Child Psychologist
C. Psychol, MSc, P.G.C.E. B Soc Sci (AFBPS).

UNDERSTANDING OCD

A session with Sophia Christophi, on the subject of OCD. Parents and carers will have a better understanding of what OCD is and how it might present.

UNDERSTANDING AND SUPPORTING EXECUTIVE FUNCTIONING DIFFICULTIES

A session on Executive Functioning by Susan Brooks, an Educational Psychologist. Parents and carers understand what Executive Functioning is and can help to improve and support their child or young person's Executive Functioning skills.



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only

JUNE

18

10AM

ONLINE
COURSE

JUNE

19

7PM

ONLINE
COURSE

JUNE

23

7PM

ONLINE
COURSE

JUNE

24

10AM

ONLINE
COURSE

JUNE

25

10AM

ONLINE
COURSE



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.

THERAPEUTIC THINKING FOR CARERS

Designed to equip parents/carers with the tools & 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 and highlights strategies to create nurturing environments that promote children's mental health and valued behaviour.

EHCP ANNUAL REVIEWS WORKSHOP

A workshop that takes you through step by step what should happen at the Annual Review of an Education, Health and Care Plan. We go through the timeline and what the legal process for an annual review is. We look at the process in Hertfordshire and what the school, the LA, and what you can do to ensure a good solid annual review of an EHCP.

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

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 Herts 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

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.



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only

JULY

01

10AM

ONLINE
COURSE

JULY

01

6:30PM

ONLINE
COURSE

JULY

03

6:30PM

ONLINE
COURSE

JULY

04

10AM

ONLINE
COURSE

JULY

07

10AM

ONLINE
COURSE



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.

SENSORY SIGNS, SIGNALS & SOLUTIONS

Join us for the **Sensory Signs, Signals and Solutions Workshop!** 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.

NAVIGATING THE SEND WORLD POST 16

A workshop that explores the services and support available to Parents of children after 16 with Special Educational Needs in Hertfordshire. Parents and carers will feel more confident and able to navigate the complexities of the Post 16 SEND world, so they can access the support they need for their family.

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.

ANXIETY AND SEND

A workshop that looks at anxiety and what parents can do to support their SEN children when they become anxious. Parents and carers who attend will be more confident in recognising and managing their child's anxiety.

UNDERSTANDING AND SUPPORTING EXECUTIVE FUNCTIONING DIFFICULTIES

A session on Executive Functioning by Susan Brooks, an Educational Psychologist. Parents and carers understand what Executive Functioning is and can help to improve and support their child or young person's Executive Functioning skills.



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only

JULY

08

10AM

ONLINE
COURSE

JULY

08

6:30PM

ONLINE
COURSE

JULY

09

10AM

ONLINE
COURSE

JULY

11

10AM

ONLINE
COURSE

JULY

14

6:30PM

ONLINE
COURSE



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.

THE EHCP PROCESS FROM SUBMISSION TO FINALISATION

A workshop that takes you through what to expect after submission of an Education, Health and Care Plan. This session will look at the period of the process after you have submitted your application for an assessment. It will cover the typical process following your request for a needs assessment.

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.

NO TWO BRAINS ARE THE SAME— WHAT IS NEURODIVERSITY?

There is no one "right" way of thinking, learning, and behaving, and differences are not viewed as deficits. During this workshop, we'll explore the various aspects of neurodiversity, including strengths and challenges, and how society can create an inclusive environment that celebrates diversity.

UNDERSTANDING BEHAVIOUR AS COMMUNICATION A THERAPEUTIC APPROACH

A workshop that looks at what lies beneath the behaviours and introduces possible strategies to use to help de-escalate situations.

UNDERSTANDING ADHD

Join our online "Understanding ADHD Workshop" to gain valuable insights into ADHD and learn effective strategies to support children. This workshop is designed to empower parents and carers with the knowledge and skills they need to reduce dependence on statutory services.



For residents of Hertfordshire only

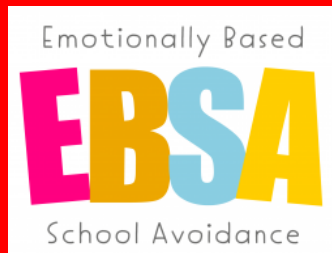
JULY
16

6:30PM
ONLINE
COURSE

To join our upcoming Space Support Groups and Check In and Chats please follow us on [Facebook](#) and [Eventbrite](#) to be alerted when they are available to book.

JUNE
17

7PM
THE KITCHEN
WATFORD RD
CROXLEY GREEN
WD3 3DB



JUNE
17

7PM
ONLINE
SUPPORT



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.

PDA, ODD AND ADHD: UNDERSTANDING THE DIFFERENCES

A workshop that looks at the definitions of these conditions as well as the differences and possible strategies to use. Attendees will 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.

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.

CROXLEY SUPPORT GROUP

We are a friendly, knowledgeable and supportive team, and we are all SEN parents ourselves, so we really do understand the high's and lows of raising children with neuro-developmental differences. Teas, coffees and biscuits are all provided!

DSPL 9 will be holding monthly sessions for parents with children experiencing EBSA to share their experiences and seek support from a range of professionals in attendance. All sessions will be held remotely via Microsoft Teams. You will receive a link with your booking confirmation.

PARENT/CARER EBSA SUPPORT GROUP

Each meeting will be attended by **two SWHP Family Support Workers** and two Nessie therapists as well as the DSPL 9 Manager and SEND Lead. Each session will start with all parents in one group, followed by the use of breakout rooms to enable age specific conversations and discussions to take place. The session will then end with all parents coming together. [Booking link for 16.06.25](#)



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

JUNE
03

10AM
ONLINE COURSE

JUNE
10

10AM
ONLINE COURSE

JUNE
17

10AM
ONLINE COURSE

JUNE
19

7:30PM
ONLINE COURSE



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/

EMOTIONALLY BASED SCHOOL AVOIDANCE

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

Q&A WITH EP SARAH LEWIS-HAYES

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

CHARLEY CROWE, SPECIALIST ADVISORS SUPPORT SERVICE—TRANSITIONS

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 7.30-8.30pm



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

JUNE	10AM
24	ONLINE COURSE

JULY	10AM
01	ONLINE COURSE

JULY	10AM
08	ONLINE COURSE

JULY	10AM
10	ONLINE COURSE

JULY	10AM
15	ONLINE COURSE



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/

TRIBUNALS

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

SUPPORTING YOUR CHILD'S 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

NICE2MEET YA—REJECTION SENSITIVE DYSPHORIA

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 7.30-8.30pm

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

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 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

JUNE

1:30PM

03

ONLINE
COURSE

JUNE

1:30PM

10

ONLINE
COURSE

JUNE

1:30PM

17

ONLINE
COURSE

JUNE

1:30PM

24

ONLINE
COURSE

PARENTS/CARERS OF SECONDARY AGED CHILDREN SUPPORT GROUP

A FREE ONLINE support group for parents/carers of secondary-aged children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. This session will be delivered via Zoom and facilitated by two ADD-vance Specialist ADHD/Autism Coaches.

This group is open to residents of Hertfordshire only.

SLEEP ONLINE SUPPORT GROUP

A FREE ONLINE sleep support group for parents and carers. This will be a chance to discuss any sleep issues and discuss strategies with Miriam Shabetai from our Specialist Sleep Service, and with one of our ADD-vance Specialist ADHD/Autism Coaches.

This group is open to residents of Hertfordshire only.

PDA ONLINE SUPPORT GROUP

A FREE ONLINE support group for parents and carers of children with characteristics of PDA. This session will be delivered via Zoom and facilitated by two ADD-vance Specialist ADHD/Autism Coaches.

This group is open to residents of Hertfordshire only.

ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF 16-25 YR OLDS

A FREE ONLINE support group for parents/carers of 16-25 year olds with a diagnosis (or suspected diagnosis) of ADHD and/or Autism, who are NOT in mainstream secondary school. This session will be delivered via Zoom and facilitated by two ADD-vance Specialist ADHD/Autism Coaches.

This group is open to residents of Hertfordshire only.

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

ADD-vance



JULY

01

7:30PM

ONLINE
COURSE

JULY

08

1:30PM

ONLINE
COURSE



JUNE

03

7PM

ONLINE
COURSE

JUNE

04

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

PARENTS/CARERS OF PRIMARY AGED CHILDREN SUPPORT GROUP

A FREE ONLINE support group for parents/carers of primary-aged children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.

Delivered via Zoom with a maximum of 10 participants and facilitated by two ADD-vance Specialist ADHD/Autism Coaches. **This group is open to residents of Hertfordshire only.**

PARENTS/CARERS OF SECONDARY AGED CHILDREN SUPPORT GROUP

A FREE ONLINE support group for parents/carers of secondary-aged children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. This session will be delivered via Zoom and facilitated by two ADD-vance Specialist ADHD/Autism Coaches.

This group is open to residents of Hertfordshire only.

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

UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

An introductory course for parent/carers of children aged 2 - 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS

For parents/carers of children aged 5-11 yrs (or 4 yrs and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

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



Calendar

JOIN THE TEAM

FREE ONLINE SUMMER 2025 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/>

<https://www.eventbrite.co.uk/o/add-vance-14054405963>

JUNE

AM/PM

VARIOUS
DATES

VARIOUS
TIMES

- 02 JUNE APPLYING FOR AN EHCP
- 04 JUNE PREPARING FOR AN EHCP REVIEW
- 06 JUNE WORKING IN PARTNERSHIP WITH SCHOOL
- 09 JUNE UNDERSTANDING NEURODIVERGENT TEENS
- 11 JUNE TIPS & TOOLS TO MANAGE SCHOOL ABSENCE
- 13 JUNE TIPS & TOOLS TO MANAGE EATING DIFFICULTIES
- 16 JUNE UNDERSTANDING ANXIETY
- 18 JUNE TIPS & TOOLS TO MANAGE ANXIETY
- 23 JUNE TIPS & TOOLS TO BUILD SELF-ESTEEM
- 25 JUNE TIPS & TOOLS TO SUPPORT COMMUNICATION
- 30 JUNE TIPS & TOOLS TO SUPPORT EXECUTIVE FUNCTION

JULY

AM/PM

VARIOUS
DATES

VARIOUS
TIMES

- 02 JULY SUPPORTING SIBLINGS
- 04 JULY TIPS & TOOLS TO MANAGE EVERYDAY CHANGES
- 07 JULY TIPS & TOOLS TO SUPPORT EMOTIONAL DEVELOPMENT
- 09 JULY TIPS & TOOLS TO SUPPORT SOCIAL SKILLS
- 11 JULY TIPS & TOOLS TO ENCOURAGE POSITIVE BEHAVIOUR