



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

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 772

NOV

04

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 and adults get angry and develop strategies to handle anger in yourself and others within your family

Pre-booking essential—quote course ID 775

NOV

04

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 773



Fully Funded By Herts County Council



Calendar

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Contact Supporting Links on: 07512 709556
bookings@supportinglinks.co.uk **www.supportinglinks.co.uk**

NOV

05

7PM

REDDINGS FAMILY
CENTRE
BUSHEY
WD23 3PE

TALKING ADDITIONAL NEEDS

Our **FREE** 6 week course **for parents and carers of children aged 2-19** with any additional need. Your child does not need a diagnosis.

Pre-booking essential—quote course ID 771

NOV

05

7:45PM

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 780

NOV

06

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 777



SEPT

23

9:30AM

ONLINE
COURSE

OCT

13

7.30PM

ONLINE
COURSE

NOV

10

7:30PM

ONLINE
COURSE

NOV

24

7:30PM

ONLINE
COURSE



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>

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 781

TALKING ASD & ADHD WORKSHOP: THE TEENAGE YEARS

Helping you to understand and support your child of 11+ to be the best they can be with as little conflict as possible. Find out more about how the brain develops during the teen years and what you can do to help your child through adolescence.

Pre-booking essential—quote course ID 782

TALKING ASD & ADHD WORKSHOP: SCHOOL AVOIDANCE

Helping you to understand why school avoidance happens and how to support your child. We help parents to use new knowledge and strategies within their own families and, thereby, support their child by informing, encouraging and giving parents the opportunity for reflection and a change of approach.

Pre-booking essential—quote course ID 783

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 784



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@familiesinfocus.co.uk for further details

NOV

03

9:30AM

ONLINE
COURSE

HANDLING ANGER IN THE FAMILY FOR CHILDREN WITHOUT SEND

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.

NOV

03

7PM

ONLINE
COURSE

HANDLING ANGER IN THE FAMILY FOR CHILDREN WITHOUT SEND

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.

NOV

05

9:30AM

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

NOV

05

6:30PM

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



Families In Focus CIC

Enabling families to be stronger together



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**



**WATFORD
BOROUGH
COUNCIL**



Calendar

JOIN THE TEAM

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!

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>



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

OCT

08

7PM

ONLINE
COURSE

OCT

09

9:30AM

ONLINE
COURSE

OCT

09

7PM

ONLINE
COURSE



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

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Dads and Male Carers** of children 0-19yrs.

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

Course code: L4/eve

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Mums, Dads, Step-Parents and Carers** of children 0-19yrs.

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

Course code: L5/am

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Mums, Dads, Step-Parents and Carers** of children 0-19yrs.

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

Course code: L5/eve



Courses open to parent/carers who are residents of Hertfordshire



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 8700/8701 or email services@familylives.org.uk

SEPT

26

9:45AM

ONLINE
COURSE

BRINGING UP CONFIDENT ADHD/ASD CHILDREN

FREE 6 week online group

If your child had ADHD/ASD, or you think they might, join our free online group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

OCT

02

9:30AM

ONLINE
COURSE

LESS SHOUTING. MORE COOPERATION

FREE 6 week on, line group.

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.

OCT

14

7PM

ONLINE
COURSE

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To book or further information please call Louise on 0204 522 8700/8701 or email services@familylives.org.uk

OCT

15

9:30AM

ONLINE
COURSE

CO-PARENTING WITH CARE

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.

OCT

16

7PM

ONLINE
COURSE

CO-PARENTING WITH CARE

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.

NOV

05

7PM

ONLINE
COURSE

DADS TOGETHER

FREE 6 week online group

Calling all dads—join our online group, come along and receive support from other dads and learn how to change the way you communicate with your child, respond better and feel more in control.

DSPL9

Delivering Special
Provision Locally



Calendar

JOIN THE TEAM



OCT

13

10AM

ASDA WATFORD
COMMUNITY
ROOMS
ST ALBANS RD
WD24 7RT



OCT

21

10AM

ASDA WATFORD
COMMUNITY
ROOMS
ST ALBANS RD
WD24 7RT

DEC

02

10AM

ASDA WATFORD
COMMUNITY
ROOMS
ST ALBANS RD
WD24 7RT

EBSA COFFEE MORNING

DSPL 9 are pleased to be able to offer a face to face session for parents and carers of children and young people who are experiencing EBSA (Emotionally Based School Anxiety). The event will be run by DSPL 9 with an **SWHP Family Support Worker** and Nessie Therapist available to offer support and guidance.

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

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

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



A S L I C E O F
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/>

OCT

5:30PM

28

**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

OCT

10:30AM

29

**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.



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



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>



Hertfordshire
**Family Centre
Service**



Calendar

JOIN THE TEAM

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](#)

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>

OCT

03

10AM

WESTFIELD &
LITTLEBURY FAMILY
CENTRE WATFORD
WD19 6NL

SEND CHAT & PLAY

FREE Drop-In - come along to meet with professionals from the Early Years SEND team and Public Health Nursing team

Meet our SEND Champions in these sessions too

OCT

06

10:30AM

CASSIOBURY PARK
WATFORD
WD18 7LG

HERTFORDSHIRE HEALTH WALKS

All walks are free with no booking required. Just turn up at least 10 mins before the start time shown, as they set off promptly and there will be a pre-walk briefing.

OCT

07

2PM

RICKMANSWORTH
AQUADROME
WD3 1NB

HERTFORDSHIRE HEALTH WALKS

All walks are free with no booking required. Just turn up at least 10 mins before the start time shown, as they set off promptly and there will be a pre-walk briefing.



For residents of Hertfordshire only

OCT

01

10AM

ONLINE
COURSE

OCT

02

6:30PM

ONLINE
COURSE

OCT

06

6:30PM

ONLINE
COURSE

OCT

07

10AM

ONLINE
COURSE

OCT

09

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 PARENT CARERS

Workshop designed to equip parents/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, highlighting strategies to create nurturing environments to promote children's mental health and valued behaviour.

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.

TALKING SENSORY—SIGNS, SIGNALS AND SOLUTIONS

This 3 week course looks at the signs and signals you may see when someone is experiencing Sensory Processing Disorder or difficulties. It then moves on to look at possible strategies or solutions to help with these difficulties. Each weekly session is 2 hours long and occurs on the same day and time each week. It is advised that you attend all sessions to gain maximum benefit.

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.

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.



For residents of Hertfordshire only

OCT

13

10AM

ONLINE
COURSE

OCT

14

10AM

ONLINE
COURSE

OCT

15

10AM

ONLINE
COURSE

OCT

16

10AM

ONLINE
COURSE

OCT

20

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.

UNDERSTANDING DYSLLEXIA WORKSHOP

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 AUTISM WORKSHOP

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.

SENSORY SIGNS, SIGNALS & 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. Our speakers will share their knowledge and provide valuable insights on how to support individuals with sensory processing difficulties.

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.

ANXIETY AND SEND

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



For residents of Hertfordshire only

OCT

21

10AM

ONLINE
COURSE

OCT

22

10AM

ONLINE
COURSE

NOV

03

6:30PM

ONLINE
COURSE

NOV

04

10AM

ONLINE
COURSE

NOV

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.

AUTISTIC GIRLS WORKSHOP

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.

UNDERSTANDING BEHAVIOUR AS COMMUNICATION: A THERAPEUTIC APPROACH

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.

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.

ENCOURAGING INDEPENDENCE IN NEURODIVERSE YOUNG PEOPLE (AGES 8-18)

A workshop to equip delegates with strategies to support independence and key skill development in neurodivergent children and young people. It 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 DUAL DIAGNOSIS: AUTISM AND ADHD

A workshop that explores a dual diagnosis of both ADHD and Autism, to help to understand the conditions.



For residents of Hertfordshire only

NOV

06

10AM

ONLINE
COURSE

NOV

06

4:30PM

ONLINE
COURSE

NOV

07

10AM

ONLINE
COURSE

NOV

10

6:30PM

ONLINE
COURSE

NOV

11

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.

UNDERSTANDING TICS AND TOURETTE'S

A session with Sophia Christophi, on the subject of Tourettes 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.

UNDERSTANDING MY AUTISM AND ADHD SCHOOL YEARS 7-9

A fun and informative 6 week programme focused on helping young people in school years 7-9 (ages 11-14) better understand their Autism and ADHD. The sessions are tailored to help young people learn more about neurodiversity and their own experiences. Through interactive sessions, the young people can discuss their strengths, challenges, and strategies for navigating daily life.

UNDERSTANDING BEHAVIOUR AS COMMUNICATION: A THERAPEUTIC APPROACH

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.

UNDERSTANDING & 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.

SLEEP TIGHT

A three week course 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.



For residents of Hertfordshire only

NOV

12

10AM

ONLINE
COURSE

NOV

13

10AM

ONLINE
COURSE

NOV

14

10AM

ONLINE
COURSE

NOV

18

6:30PM

ONLINE
COURSE

NOV

19

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.

PDA, ODD AND ADHD UNDERSTANDING THE DIFFERENCES WORKSHOP

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.

NAVIGATING THE SEND WORLD

Join us for an exciting online workshop, **Navigating the SEND World**, designed to empower you with the knowledge of what services are available to support individuals with Special Educational Needs and Disabilities (SEND).

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.

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.

ANXIETY AND SEND

A workshop that looks at anxiety and what parents can do to support their SEN children when they become anxious



For residents of Hertfordshire only

NOV

25

6:30PM

ONLINE
COURSE

NOV

27

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.

OCT

21

7PM

PERCH & CO
WATFORD RD
CROXLEY GREEN
WD3 3BZ

NOV

18

7PM

PERCH & CO
WATFORD RD
CROXLEY GREEN
WD3 3BZ



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 AUTISM WORKSHOP

A workshop that looks at Autism and helps people to understand the condition.

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.

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!

CROXLEY SUPPORT GROUP

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Teas, coffees and biscuits are all provided!



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

OCT

07

10AM

ONLINE
COURSE

OCT

14

10AM

ONLINE
COURSE

OCT

21

10AM

ONLINE
COURSE

OCT

23

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/

AUTISM & SLEEP

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. **Speaker: Lauren McQuade**

Zoom Tuesday 10am-12noon

HERTS LOCAL OFFER

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. **Speaker: Claudia Ferlisi**

Zoom Tuesday 10am-12noon

MANAGING MELTDOWNS

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

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



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NOV

04

10AM

ONLINE
COURSE

NOV

11

10AM

ONLINE
COURSE

NOV

18

10AM

ONLINE
COURSE

NOV

20

7:30PM

ONLINE
COURSE



Calendar

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RELATIONSHIPS & SEXUALITY

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

EBSA

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 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

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



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NOV

25

10AM

ONLINE
COURSE

DEC

02

10AM

ONLINE
COURSE

DEC

09

10AM

ONLINE
COURSE

DEC

16

7:30PM

ONLINE
COURSE



Calendar

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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

SOCIAL STORIES & COMIC STRIP CONVOS

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. **Speaker: Charley Crowe (SAAS)**

Zoom Tuesday 10am-12noon

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. **Speaker: Helen Coularas, Nice2Meet Ya**

Zoom Tuesday 10am-12noon

VISUAL SUPPORTS

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



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DEC

18

7:30PM

ONLINE
COURSE



Calendar

JOIN THE TEAM

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Zoom Tuesday 7.30-8.30pm

World Mental Health Day

Tuesday 10th October: 10am - 4pm

Atria - Lower Mall Open Area

atria
Watford

WATFORD
BOROUGH
COUNCIL

Mind
Hertfordshire
Network

Advice

Activities

Support

A range of
organisations and
activities for
everyone

OCT

10

10AM

ATRIA
LOWER MALL
WATFORD
WD17 2UB



WORLD MENTAL HEALTH DAY

On October 10th head to Atria's Lower Mall between 9am and 4pm to join us for World Mental Health Day.

Various exhibitors will be readily available to provide you with valuable tips and strategies for managing stress and anxiety, as well as guidance on incorporating physical activity into your routine to promote overall well-being. Plus well established support services for residents and families living in Watford.



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](#)

OCT

01

7PM

ONLINE
COURSE

OCT

02

11AM

ONLINE
COURSE

OCT

02

10:30AM

ONLINE
COURSE

OCT

07

7PM

ONLINE
COURSE

MINDFULNESS-BASED LIVING COURSE

8 week course

- Proven stress reduction
- Better manage strong emotions, thoughts and memories
- Can reduce anxiety and depression
- Boost wellbeing and self-care Criteria:

BUILDING RESILIENCE FOR DEMENTIA CARERS

Join us to improve your understanding of Dementia and identify ways to build resilience.

11am—1pm

MANAGING EMOTIONS MINDFULLY

Explore how mindfulness can help us have greater confidence in how we deal with our emotions. Using a mix of meditation, teaching and discussion, this course will outline the function of emotions and how they interact with our thoughts and physical sensations. We will discuss different techniques to help us identify the emotions we experience, be present with difficult feelings and choose how we respond to them.

CYPMHS—LEARN MORE ABOUT SELF-HARM

Is your child or young person receiving support or on a waiting list for a mental health service?

Please join us at an information session to learn more about self-harm and get practical ideas and strategies to help your child towards recovery. **Our guest speaker will be a clinician who works at HPFT CAMHS.**



Calendar

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

OCT

08

7PM

ONLINE
COURSE

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.

OCT

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.

OCT

10

10:30AM

ONLINE
COURSE

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.

OCT

13

10:30AM

PEACE HOSPICE
PEACE DRIVE
WATFORD
WD17 3PH

WATFORD 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

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

OCT

20

10:30AM

CHRIST CHURCH
C OF E CHURCH
CHORLEYWOOD
WD3 5SG

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.

OCT

21

10.30AM

SOUTH OXHEY
LIBRARY
BRIDLINGTON RD
WD19 7AG

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.

OCT

28

7:30PM

ONLINE
COURSE

MENTAL HEALTH CARERS SUPPORT GROUP

Our monthly group for Carers who are supporting someone who is thinking about suicide or who has already tried to take their own life.

NOV

03

10:30AM

PEACE HOSPICE
PEACE DRIVE
WATFORD
WD17 3PH

UNDERSTANDING DEPRESSION

This session will introduce you to understanding what depression is and what might cause depression. We will explore how people communicate depression and identify interventions and support.

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

ADD-vance



NOV

03

7PM

**ONLINE
COURSE**

NOV

04

9:30AM

**ONLINE
COURSE**

NOV

05

7PM

**ONLINE
COURSE**

NOV

11

10AM

**ONLINE
COURSE**



Calendar

JOIN THE TEAM

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 AND AUTISM FOR DADS

A six 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.

UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS

An introductory 6 week 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

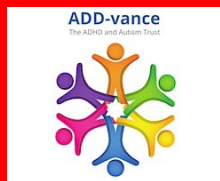
A six weeks course for parents/carers of children aged 5-11 yrs (or 4 yrs and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS

A six weeks course 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.

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 AUTUMN 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.

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

OCT

01

7PM

**ONLINE
COURSE**

SUPPORT FOR DADS AND OTHER MALE CARERS

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

OCT

03

10AM

**ONLINE
COURSE**

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 and identify triggers and underlying needs.

OCT

06

10AM

**ONLINE
COURSE**

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.

OCT

07

1:30PM

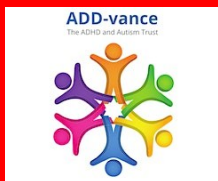
**ONLINE
COURSE**

PDA ONLINE SUPPORT GROUP FOR PARENTS/CARERS

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

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

ADD-vance



OCT

08

7PM

**ONLINE
COURSE**

OCT

13

10AM

**ONLINE
COURSE**

OCT

15

10AM

**ONLINE
COURSE**

OCT

17

10AM

**ONLINE
COURSE**



Calendar

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FREE ONLINE AUTUMN 2025 WORKSHOPS FOR PARENTS/ CARERS

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PREPARING FOR ADULTHOOD (14+)

An online workshop for parents/carers of children from 14 to 18 years 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 and know where to get more help.

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, discuss the impact of these differences on behaviour and know where to get more help.

TIPS & TOOLS TO MANAGE SENSORY DIFFERENCES

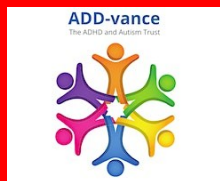
A workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand the link between sensory differences and behaviour, discover how to work out your child's unique sensory profile, explore strategies and adjustments to support your child to manage their sensory differences and know where to get more help

TIPS & TOOLS TO MANAGE EATING DIFFICULTIES

A workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand why neurodivergent children are more likely to experience eating difficulties, explore common eating problems and strategies to address these, understand when it may be necessary to seek professional support and know where to get more help.

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ADD-vance



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OCT

20

10AM

**ONLINE
COURSE**

UNDERSTANDING MEDICATION OPTIONS

An online workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. Explore how medication can be used to support neurodivergent children and young people, understand who can prescribe different medications, feel confident to collaborate with prescribing clinicians and know where to get more help.

OCT

22

10AM

**ONLINE
COURSE**

TIPS & TOOLS FOR TOILETING

An online introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand what we mean by 'toileting', work out when your child is ready for toileting, share tips on developing a toileting routine, explore why neurodiverse children are more likely to experience difficulties with toileting, develop strategies to address common problems with toileting.

NOV

03

10AM

**ONLINE
COURSE**

APPLYING FOR AN EHCP

A workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand what an EHCP is and if my child might need one. know how to request an EHC needs assessment, be clear on what information the EHCP should contain and know where to get more help

NOV

05

7PM

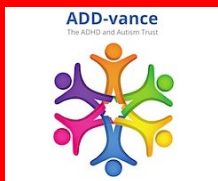
**ONLINE
COURSE**

PREPARING FOR AN EHCP REVIEW

A workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand what information should be included in an EHCP review, gain knowledge of the processes involved, understand what to do next if you are unhappy with the result, and know where to get more help.

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ADD-vance



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NOV

10AM

07

**ONLINE
COURSE**

WORKING IN PARTNERSHIP WITH SCHOOLS

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

NOV

10AM

10

**ONLINE
COURSE**

TIPS AND TOOLS TO MANAGE SCHOOL ABSENCE

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. Understand why some neurodivergent children and young people struggle to attend school, highlight resources to identify what your child is struggling with specifically, suggest ways of working with school to put reasonable adjustments in place, help your child to return to school after a period of absence.

NOV

7PM

12

**ONLINE
COURSE**

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 and know where to get more help.

NOV

10AM

17

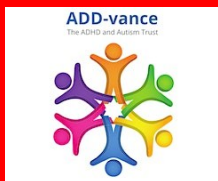
**ONLINE
COURSE**

UNDERSTANDING ANXIETY

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. Understand the anxiety response, explore why anxiety is more common in ADHD/Autistic children and young people, recognise when to seek support for potential secondary mental health conditions and now where to get more help.

Funded by Hertfordshire County Council's
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ADD-vance



NOV

19

7PM

**ONLINE
COURSE**

NOV

21

10AM

**ONLINE
COURSE**

NOV

24

10AM

**ONLINE
COURSE**

NOV

26

7PM

**ONLINE
COURSE**



Calendar

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TIPS & TOOLS TO MANAGE ANXIETY

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. To understand the link between anxiety and behaviour. Explore proactive strategies to reduce anxiety for different age groups, discuss what to do in 'the heat of the moment' when a child is highly anxious and know where to get more help.

TIPS & TOOLS TO SUPPORT PUBERTY

An online introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand common concerns faced by parents of neurodiverse young people during puberty, share ideas on how to support neurodiverse children during puberty with a variety of common concerns e.g. hygiene, sexuality, body image, gender dysphoria etc.

TIPS & TOOLS TO SUPPORT COMMUNICATION

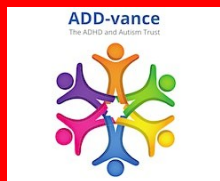
A workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand the link between communication and behaviour, examine how autism and ADHD may affect communicate, explore strategies to support communication with your child, develop an individual action plan and know where to get more help.

TIPS & TOOLS TO SUPPORT EXECUTIVE FUNCTION

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

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ADD-vance



Calendar

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NOV

28

10AM

**ONLINE
COURSE**

DEC

01

10AM

**ONLINE
COURSE**

DEC

03

7PM

**ONLINE
COURSE**

DEC

05

10AM

**ONLINE
COURSE**

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' and know where to get more help.

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 and know where to get more help.

TIPS & TOOLS TO SUPPORT SOCIAL SKILLS

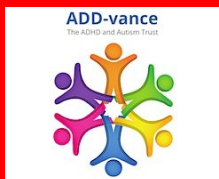
An online workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. Understand the link between social skills and behaviour, understand how to identify gaps in your child's social skills, identify strategies that build social skills to fill the gaps and know where to get more help.

TIPS & TOOLS TO SUPPORT EMOTIONAL DEVELOPMENT

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. Understand the meaning of 'emotional literacy', explore the link between emotional literacy and behaviour, discuss strategies to teach your child to recognise, understand and communicate different emotions, and 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



DEC

08

10AM

**ONLINE
COURSE**

DEC

10

7PM

**ONLINE
COURSE**

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



OCT

**VARIOUS
DATES**

AM/PM

**VARIOUS
TIMES**



Calendar

JOIN THE TEAM

FREE ONLINE AUTUMN 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>

TIPS & TOOLS FOR POSITIVE BEHAVIOUR

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

TIPS & TOOLS TO BUILD SELF-ESTEEM

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 self-esteem and behaviour, identify strategies which build self-esteem, be able to model good self-esteem, develop an action plan for your family and know where to get more help.

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

- 07 OCT PDA SUPPORT GROUP
- 14 OCT GENERAL PRIMARY AGED CHILDREN
- 21 OCT GENERAL SECONDARY AGED CHILDREN