



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

JUNE

01

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 833

JUNE

03

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 832

JUNE

03

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 835



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.eventbrite.com/cc/talking-asd-adhd-free-for-parents-in-herts-1046969>

JUNE

9:30AM

02

ONLINE
WORKSHOP

RESPONDING TO ANGER

Does your child's anger leave you feeling unsure how to respond?

Are you struggling to help your child manage big emotions? Worried that anger is becoming the main way your family communicates?

Recognise, respond to and reduce the impact of anger in your family. **Pre-booking essential—quote course ID 837**

JUNE

7:30PM

08

ONLINE
WORKSHOP

ANXIETY & STRESS

For parents seeking effective, practical strategies to help their children cope with anxiety.

Join us to **gain the essential skills and confidence** to address these complex needs—learning practical ways to manage your child's anxious feelings and knowing exactly when to seek outside help for an anxiety disorder.

Pre-booking essential—quote course ID 838

JUNE

7:30PM

16

ONLINE
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 839

JUNE

7:30PM

24

ONLINE
WORKSHOP

THE TEENAGE YEARS

Helping you to understand and support your teen or pre-teen with as little conflict as possible.

Pre-booking essential—quote course ID 840

Courses open to parent/carers who are residents of Hertfordshire

JUNE

01

9:30AM

ONLINE COURSE

JUNE

05

9:30AM

ONLINE COURSE

[REGISTER HERE](#)

ONLINE COURSE

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 book your place call Louise on 0204 522 8700 or email services@familylives.org.uk coramfamilylives.org.uk

LESS SHOUTING, MORE COOPERATION

This 6 week group helps you change the way you communicate with your child, respond better and feel more in control.

- Exploring what helpful discipline is
- Recognising the triggers and responding more effectively
- Learning new parenting tools to challenge children's behaviour
- How to hold boundaries and gain co-operation

GETTING ON WITH YOUR PRE-TEEN OR TEEN

Is your teen feeling anxious or isolated?
Are you concerned about their mental health and struggling to know how best to support them?
Learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise.

PARENTS TOGETHER

This online parenting course is suitable for parents and carers of children aged 0-11

- Promoting wellbeing
- The power of communicating and being positive
- Understanding behaviour
- Managing and promoting positive behaviour in the family
- Play and what do children need
- Setting limits, boundaries and promoting co-operation

Free online parenting courses with certificates. All of our courses are filled with helpful techniques and ideas developed by our experienced parenting professionals to help you become a confident and happy parent. Our courses are self-guided and can be done on your mobile, tablet or computer, so you can work through it at your own pace and get a certificate when you complete it.

<https://www.coramfamilylives.org.uk/how-we-can-help/online-parenting-courses/parents-together/>

[REGISTER
HERE](#)

**ONLINE
COURSE**

BRINGING UP CONFIDENT CHILDREN

Free self-guided online parenting course on building children's mental wellbeing, helping them flourish, manage their feelings and build resilience to help cope with challenges. This course is suitable for parents of children aged 5-18.

- Helping children handle their feelings
- Being positive with our children
- Building resilience
- Valuing ourselves

[REGISTER
HERE](#)

**ONLINE
COURSE**

PARENTING NEURODIVERGENT CHILDREN

This course is designed to support you with compassionate, practical strategies that meet your and your child's unique needs. The parents who have created this course understand the challenges, small wins and the overwhelming moments and have lived experience of raising neurodivergent children, teens and young adults.

- Responsive parenting
- Managing distressed behaviours and emotional regulation
- Communication, sensory needs and sleep
- Looking after yourself

[REGISTER
HERE](#)

**ONLINE
COURSE**

PARENTING TEENS

This course is aimed at parents and carers of 11-18-year-olds. It is also suitable if your child is approaching the teen years and you want to be prepared for this stage of parenting.

- Understanding teen behaviour
- Feelings and needs
- Risky behaviour, conflict and sensitive issues
- Communicating with your teen

Free online parenting courses with certificates. All of our courses are filled with helpful techniques and ideas developed by our experienced parenting professionals to help you become a confident and happy parent. Our courses are self-guided and can be done on your mobile, tablet or computer, so you can work through it at your own pace and get a certificate when you complete it.

<https://www.coramfamilylives.org.uk/how-we-can-help/online-parenting-courses/parents-together/>

[REGISTER
HERE](#)

**ONLINE
COURSE**

CHALLENGING BEHAVIOUR IN TEENS

This parenting course is suitable for parents of children aged 11-18, who are showing difficult, defiant, risk-taking or aggressive behaviour.

- Defiant behaviour
- Aggression and violent behaviour
- Communication and setting boundaries
- Looking after yourself and strengthening the bonds

[REGISTER
HERE](#)

**ONLINE
COURSE**

SIBLING ARGUMENTS

This free online course is for parents, carers and other family members to help manage conflicts in family life, particularly between siblings or children in the household. It is aimed at families with children aged 5-18.

- How does conflict affect us?
- Sibling rivalry
- Giving children the skills to deal with conflict
- Negotiation in the family
- Reducing conflict

[REGISTER
HERE](#)

**ONLINE
COURSE**

CO-PARENTING AFTER DIVORCE OR SEPARATION

This free online co-parenting course, with certificate is for parents or carers who are separated or divorced who are looking for helpful tools to co-parent effectively.

- The impact of separation on parents and children
- Positive communication with your co-parent
- Resident and non-resident parents
- Self-care and managing new relationships

DSPL9

Delivering Special
Provision Locally



JUNE

15

9:30AM

ASDA WATFORD
COMMUNITY
ROOMS
ST ALBANS RD
WD24 7RT

JUNE

29

9:30AM

ASDA WATFORD
COMMUNITY
ROOMS
ST ALBANS RD
WD24 7RT



Calendar

JOIN THE TEAM

TRANSITION SUPPORT COFFEE MORNING

DSPL 9 are pleased to invite parents to attend transition support coffee mornings during the summer term.

The purpose of these meetings will be to:

Consider how best to support your child as they transition from year group or school.

Meet with other parents in similar situations and network/build connections.

To access a session please use the link below:

[Select tickets – DSPL9 EBSA Transition Support Meeting for Parents – ASDA Community Rooms](#)

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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

07

**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

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



Reducing parental conflict – digital package

Three evidence-based courses for parents. These courses are suitable for adults aged 18 or over.



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



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.

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>

Courses open to parent/carers who
are residents of Hertfordshire

MAY

22

9:30AM

ONLINE
WORKSHOP

MAY

22

12:45PM

ONLINE
WORKSHOP

ONGOING

AM/PM

ONLINE



Calendar

JOIN THE TEAM

These courses/workshops are run as real-time online using Google Classroom. This means that instead of having to go to a classroom, the classroom comes to you! You are taught by a teacher and you will have classmates that you share ideas with. To take part you will need a tablet or laptop/computer with a webcam and microphone to enable you to interact. A few days before the start, your teacher will email you with instructions on how to join the class.

<https://www.hertfordshire.gov.uk/microsites/adult-learning/step2skills-home.aspx>

CV WRITING & COVER LETTERS

This FREE workshop will provide you with information and knowledge to be able to write a CV using a good structure, how to write a personal profile and a cover letter. Learn what employers look for and some do's and don'ts.

This is for anyone who would like to update their CV or write a new CV with good structure and content.

If you are currently looking for employment or volunteering this will widen your knowledge and skills in these topics.

Workshop code: 27170

INTERVIEW SKILLS

This FREE workshop is for anyone who would like to learn more about how to prepare and attend interviews. If you are currently looking for employment or volunteering this taster will widen your knowledge and skills in these areas. It will cover the interview process and the information you will need for interviews. Preparing for interviews

Interview skills and techniques

Preparing yourself for interview questions

Workshop code: 27169

SKILLS BOOTCAMP

Are you a Hertfordshire resident looking to enhance your skills to start your career or advance your career? We offer a range of fully funded Skills Bootcamps designed to provide you with the knowledge and expertise needed to succeed in today's competitive job market. For Hertfordshire residents aged 19 or above.

Beezee
by maximus

Find FREE healthy lifestyle support
across Hertfordshire



Calendar

JOIN THE TEAM

Beezee in Hertfordshire

JULY

27

6:30PM

ONLINE
COURSE

JULY

29

5:30PM

ONLINE
COURSE

Healthy
hubs
Hertfordshire



WATFORD
BOROUGH
COUNCIL

THREE RIVERS
DISTRICT COUNCIL

Beezee by Maximus deliver free healthy lifestyle programmes to encourage people of all ages to make long-lasting habits. Along with ew pilots to constantly keep learning. A blend of behavioural science with real world experience to create there “habit before the habit” approach – helping people make lasting changes whilst bringing fun and practical support to help families lead healthier lives.

<https://beezee.maximusuk.co.uk/>

STEP UP TO SECONDARY

A FREE 6-week celebratory programme designed especially for Year 6 pupils to support them as they prepare for the exciting transition to secondary school. We recognise this is a challenging time for many families, and the programme has been carefully designed to help young people develop healthy habits and build confidence during this pivotal time in their lives.

STEP UP TO SECONDARY

A FREE 6-week celebratory programme designed especially for Year 6 pupils to support them as they prepare for the exciting transition to secondary school. We recognise this is a challenging time for many families, and the programme has been carefully designed to help young people develop healthy habits and build confidence during this pivotal time in their lives.

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.

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>



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>

MAY

21

9:30AM

LEAVESDEN FAMILY
CENTRE
LEAVESDEN
WD25 9QZ

FAMILY TOOLKIT

The Family Toolkit in Hertfordshire is a free parenting course offered by Family Centres for parents of children aged 2–5, designed to manage behaviour and improve family life

JUNE

02

9:30AM

LEAVESDEN FAMILY
CENTRE
WD25 7QZ

FAMILY TOOLKIT

The Family Toolkit in Hertfordshire is a free parenting course offered by Family Centres for parents of children aged 2–5, designed to manage behaviour and improve family life

JUNE

03

1PM

OTLEY FAMILY CENTRE
OTLEY WAY
SOUTH OXHEY
WD19 7TB

SEND CHAT & PLAY

Come and meet with professionals from the Early Years SEND Team and Public Health Nursing Team on 5th Mar

Meet the SEND Champions at these sessions

JUNE

03

7:30PM

OTLEY FAMILY CENTRE
OTLEY WAY
SOUTH OXHEY
WD19 7TB

FAMILY TOOLKIT

The Family Toolkit in Hertfordshire is a free parenting course offered by Family Centres for parents of children aged 2–5, designed to manage behaviour and improve family life



Calendar

JOIN THE TEAM



Men's Club South Oxhey & Carpenders Park. Built by men, for men. Every Tuesday starting 17th March. Refreshments, Activities and Conversation.

For more information:

ascend@w&3rt.org

Tel: 0208 420 1364

TUES

1:30PM

**EVERY
WEEK**

ALL SAINTS' CENTRE
GOSFORTH LANE
WATFORD
WD19 7AX

MEN'S CLUB

Want connection? Come along!

Want company? Come along!

Want somewhere to be? Come along!

All men welcome—just turn up!

First session FREE then £2.50 p/w



The first step to a great career!

Drop in to our free monthly job club for information, advice and guidance on CV's, interviews, jobs, training and much more.

For more information:

ascend@w3rt.org

Tel: 07508 490 610

WEDS

10:30AM

**1ST
WEDNESDAY OF
EACH MONTH**

WATFORD RURAL
PARISH COUNCIL
OXHEY DRIVE
WD19 7SB

JOB CLUB

Identify your strengths

Address any barriers

Help you move forward to meet goals

Create a realistic action plan

121 appts are available



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

02

10AM

ONLINE WORKSHOP

JUNE

09

10AM

ONLINE WORKSHOP

JUNE

16

10AM

ONLINE WORKSHOP

JUNE

18

7:30PM

ONLINE WORKSHOP



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/

UNDERSTANDING DEMAND AVOIDANCE AND PDA

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

EMOTIONAL AWARENESS

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 Kay Reeve, Emotional Awareness Expert.**

Zoom Tuesday 10am—12noon

CYPMHS, PALMS AND EARLY HELP

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 7.30pm—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

23

10AM

ONLINE WORKSHOP

JUNE

30

10AM

ONLINE WORKSHOP

JULY

07

10AM

ONLINE WORKSHOP



Calendar

JOIN THE TEAM

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HELPING TO REDUCE MELDOWNS

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

MAKING THE MOST OF MEETINGS WITH PROFESSIONALS

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



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

JULY

14

7:30PM

**ONLINE
WORKSHOP**

JULY

16

7:30PM

**ONLINE
WORKSHOP**

JULY

21

10AM

**ONLINE
WORKSHOP**



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 AND ANXIETY

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 7.30pm—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



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only

JUNE

03

10AM

ONLINE
WORKSHOP

JUNE

04

10AM

ONLINE
WORKSHOP

JUNE

04

6:30PM

ONLINE
WORKSHOP

JUNE

04

6:30M

ONLINE
WORKSHOP



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.

<https://spaceherts.org.uk/events/>

UNDERSTANDING DUAL DIAGNOSIS: AUTISM AND ADHD

This workshop is designed to empower parents and 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.

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 DUAL DIAGNOSIS: AUTISM AND ADHD

This workshop is designed to empower parents and 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.

TOILET TRAINING—BEATING THE TOILET MONSTER

This workshop is designed to empower parents and carers with the knowledge and skills needed to support children and young people who experience fear or anxiety around toileting. Toileting difficulties can be rooted in sensory sensitivities, interoceptive challenges, and emotional responses. This workshop explains the different ways these factors may present in neurodivergent children, particularly those who are Autistic or have ADHD, and how to respond effectively.



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only



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.

<https://spaceherts.org.uk/events/>

JUNE

10AM

05

ONLINE
WORKSHOP

AUTISM PLUS: CO-OCCURRING CONDITIONS & COGNITIVE THEORIES

A workshop that looks at Autism and Complex Needs to help parents, carers and professionals to have a greater understanding of Autism. Feel confident to support a young person with Autism and have secured a much deeper understanding of how autism presents, including the interaction between Autism and other co-occurring diagnoses which may present as complex needs.

JUNE

6:30PM

09

ONLINE
WORKSHOP

UNDERSTANDING DYSLEXIA

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.

JUNE

10AM

10

ONLINE
WORKSHOP

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.

JUNE

6:30PM

11

ONLINE
WORKSHOP

AUTISTIC GIRLS

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

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.



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only

JUNE

15

10AM

ONLINE
WORKSHOP

JUNE

17

10AM

ONLINE
WORKSHOP

JUNE

19

10AM

ONLINE
WORKSHOP

JUNE

22

6:30PM

ONLINE
WORKSHOP



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.

<https://spaceherts.org.uk/events/>

EHCP ANNUAL REVIEWS

This workshop is designed to support parents and carers in preparing for EHCP Annual Reviews. It provides practical guidance on how to reflect on progress, identify ongoing needs, and contribute confidently to the review process to ensure the plan remains effective.

EXPLORING EBSNA

This workshop is designed to empower parents and carers with the knowledge and strategies they need to understand and respond to emotionally based school avoidance or non-attendance. It aims to reduce reliance on statutory services by equipping families with tools to identify early signs, understand underlying emotional causes, and support their child's reintegration into education in a compassionate and sustainable way.

PDA, ODD AND ADHD

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

WHAT COMES NEXT? PREPARING FOR ADULTHOOD (14-25)

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.



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only

JUNE

24

10AM

ONLINE
WORKSHOP

JUNE

26

10AM

ONLINE
WORKSHOP

JUNE

30

10AM

ONLINE
WORKSHOP

JULY

02

6:30PM

ONLINE
WORKSHOP



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.

<https://spaceherts.org.uk/events/>

BUILDING EMOTIONAL LITERACY IN NEURODIVERSE CHILDREN

This workshop is designed to help parents/carers understand emotional literacy and how it links to communication, wellbeing and behaviour. Emotional Literacy is needed before children can regulate their emotions. This workshop explores how neurodivergent children may experience, process, and communicate emotions, and provides practical strategies to support in recognising, expressing, and managing their feelings.

UNDERSTANDING BEHAVIOUR AS COMMUNICATION

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 OCD

A session with Sophia Christophi, on the subject of OCD.
OCD is a serious anxiety disorder, characterised by obsessions and compulsions, which can significantly affect daily life. Parents and carers will have a better understanding of what OCD is and how it might present.

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 relationships and promoting success in various aspects of life.



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only



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.

<https://spaceherts.org.uk/events/>

JULY

03

10AM

ONLINE
WORKSHOP

UNDERSTANDING DUAL DIAGNOSIS: AUTISM AND ADHD

This workshop is designed to empower parents and 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.

JULY

06

6:30PM

ONLINE
WORKSHOP

SENSORY SIGNS, SIGNALS & SOLUTIONS

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.

JULY

07

10AM

ONLINE
WORKSHOP

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.

JULY

08

10AM

ONLINE
WORKSHOP

THERAPEUTIC THINKING FOR PARENT CARERS

This workshop is designed to equip parents and 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. The workshop highlights strategies to create nurturing environments that promote children's mental health and valued behaviour.



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only



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.

<https://spaceherts.org.uk/events/>

JULY

6:30PM

09

ONLINE
WORKSHOP

PUBERTY AND SEND

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

JULY

10AM

10

ONLINE
WORKSHOP

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.

JULY

10AM

14

ONLINE
WORKSHOP

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.



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only

JUNE

02

6:30PM

ONLINE
COURSE

JUNE

02

4:30PM

ONLINE
COURSE

JUNE

02

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.

<https://spaceherts.org.uk/events/>

NEURODIVERSITY IN GIRLS AND WOMEN

Join us for a 4-week course, "Neurodiversity in Girls and Women" where we explore how Autism and ADHD present differently in females. This course is 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.

UNDERSTANDING MY ADHD AND AUTISM

Come join us for 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 AND SUPPORTING EXECUTIVE FUNCTIONING

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



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.

<https://spaceherts.org.uk/events/>

JUNE

04

4:30PM

ONLINE
COURSE

UNDERSTANDING MY ADHD AND AUTISM

Come join us for a fun and informative 6 week programme focused on helping young people in school years 10-11 (ages 14-16) 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.

JUNE

16

10AM

ONLINE
COURSE

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.

JUNE

18

6:30PM

ONLINE
COURSE

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.

Modules covered are: Understanding ADHD, Praise and Criticism, Organisational Aids, Learning Styles and Diet & Nutrition



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](#)

JUNE

10:30AM

08

ST LUKE'S CHURCH
CHURCH LOUNGE
LANGLEY WAY
WD17 3EG

WATFORD HUB

Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa. **William Robinson will be joining us from HertsHelp to talk about the service they provide.**

JUNE

7:30PM

09

ONLINE
GROUP

MENTAL HEALTH CARERS SUPPORT 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.

JUNE

7PM

10

ONLINE
GROUP

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.

JUNE

1PM

11

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.



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.

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

JUNE

10:30PM

12

ONLINE
GROUP

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.

JUNE

10:30AM

15

ONLINE
GROUP

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.

JUNE

10:30AM

16

ONLINE
GROUP

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.

JUNE

10.30AM

23

ONLINE
WORKSHOP

UNDERSTANDING ANXIETY

Join us for a free online workshop designed to help you understand anxiety – what it is, why it happens, and how to navigate it with confidence and care.

Whether you're personally affected by anxiety, supporting someone who is, or simply curious to learn more, this workshop offers a safe space to pick up practical information.



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.

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

JUNE

23

1PM

ST LUKE'S CHURCH
CHURCH LOUNGE
LANGLEY WAY
WD17 3EG

WATFORD BEREAVEMENT GROUP

Our bereavement groups are for carers who have experienced the loss of the person they cared for.

Need some support after the person you care for has passed away? Join our friendly volunteers for a cup of tea or coffee and a chat.

JULY

08

7PM

ONLINE
GROUP

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.

JULY

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.

JULY

10

10:30PM

ONLINE
GROUP

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.



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](#)

JULY

13

10:30AM

ST LUKE'S CHURCH
CHURCH LOUNGE
LANGLEY WAY
WD17 3EG

WATFORD HUB

Our Carer Support Hubs allow you to meet with other carers, share information, support each other and chat over a cuppa. **William Robinson will be joining us from HertsHelp to talk about the service they provide.**

JULY

20

10:30AM

CHRISTCHURCH C OF E
CHURCH
THE COMMON
RICKMANSWORTH
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. **Diana Moody will be running a gentle chair based exercise session to music. 'Gentle exercise offers numerous benefits to all, including improved physical and mental well-being.'**

JULY

21

10:30AM

ONLINE
GROUP

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.

JULY

28

1PM

ST LUKE'S CHURCH
CHURCH LOUNGE
LANGLEY WAY
WD17 3EG

WATFORD BEREAVEMENT GROUP

Our bereavement groups are for carers who have experienced the loss of the person they cared for.

Need some support after the person you care for has passed away? Join our friendly volunteers for a cup of tea or coffee and a chat.

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

ADD-vance



JUNE

03

7PM

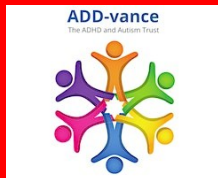
**ONLINE
COURSE**

JUNE

04

10AM

**ONLINE
COURSE**



ADD-vance

JUNE

01

7PM

**ONLINE
WORKSHOP**



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 & AUTISM FOR DADS

An introductory 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.
Understand anxiety and anger triggers
Reduce meltdowns and other behaviours which challenge
Develop positive behaviour strategies

UNDERSTANDING ADHD & AUTISM IN GIRLS

An introductory online course for **parent/carers of girls** aged 5-14 yrs (or 4 yrs and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism. Parent/carers of boys who present in a similar way to girls in terms of ADHD/ Autism traits, are also welcome.

FREE ONLINE SUMMER 2026 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

APPLYING FOR AN EHCP

A workshop for parents/carers of children 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

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 SUMMER 2026 WORKSHOPS FOR PARENTS/ CARERS

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JUNE

10AM

03

ONLINE WORKSHOP

PREPARING FOR AN EHCP REVIEW

A workshop for parents/carers of children 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

JUNE

10AM

05

ONLINE WORKSHOP

UNDERSTANDING ANXIETY

An online 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

JUNE

7PM

08

ONLINE WORKSHOP

TIPS & TOOLS TO MANAGE ANXIETY

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

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

JUNE

10AM

10

ONLINE WORKSHOP

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, developing healthy relationships etc.

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

ADD-vance



JUNE

15

7PM

ONLINE WORKSHOP

JUNE

17

10AM

ONLINE WORKSHOP

JUNE

22

7PM

ONLINE WORKSHOP

JUNE

24

10AM

ONLINE WORKSHOP



Calendar

JOIN THE TEAM

FREE ONLINE SUMMER 2026 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/>

TIPS & TOOLS TO BUILD SELF-ESTEEM

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 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

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

TIPS & TOOLS TO SUPPORT SOCIAL SKILLS

A 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 .

TIPS & TOOLS TO MANAGE EATING

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.

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

ADD-vance



JUNE

29

7PM

ONLINE WORKSHOP

JULY

01

10AM

ONLINE WORKSHOP

JULY

06

7PM

ONLINE WORKSHOP

JULY

08

10AM

ONLINE COURSE



Calendar

JOIN THE TEAM

FREE ONLINE SSUMMER2026 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

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

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.

TIPS & TOOLS TO SUPPORT EXECUTIVE FUNCTION

An workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. Explore the link between executive function and behaviour. Be aware of alternative causes of disorganisation or poor memory. Develop strategies to support your child with learning both at home and at school

TIPS & TOOLS FOR POSITIVE BEHAVIOUR

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

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

ADD-vance



JUNE

02

1:30PM

ONLINE
SUPPORT
GROUP

JUNE

09

1:30PM

ONLINE
SUPPORT
GROUP

JUNE

16

1:30PM

ONLINE
SUPPORT
GROUP



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

SLEEP ONLINE SUPPORT GROUP

A FREE online support group for parents and carers of children to get tips and tools to promote sleep. 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.

ONLINE SUPPORT GROUP WITH THE OLLIE FOUNDATION

An online support group for parents/carers supporting neurodivergent children and young people in crisis. The OLLIE Foundation and ADD-vance are together offering a support group for families navigating neurodiversity, mental health challenges, and suicidal ideation. We understand how sensitive and challenging this can be for both you and your child. You are not alone. Our session will signpost you to appropriate services, share helpful resources and offer suicide prevention and well-being awareness.

ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF 16-25 YEAR 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.

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

ADD-vance



JUNE

23

1:30PM

**ONLINE
SUPPORT
GROUP**

JUNE

30

7:30PM

**ONLINE
SUPPORT
GROUP**

JULY

07

1:30PM

**ONLINE
SUPPORT
GROUP**



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

ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF PRIMARY AGED CHILDREN

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

ONLINE SUPPORT GROUP FOR PARENTS/CARERS OF SECONDARY AGED CHILDREN

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

PDA ONLINE SUPPORT GROUP FOR PARENTS/CARERS

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




Calendar

JOIN THE TEAM

Every member of our helpline team is a parent or carer of a neurodivergent child. When you call us, you aren't just speaking to an advisor, you are speaking to someone who truly understands.

Whether you need practical advice, emotional support, or simply a listening ear, we're here for you.

<https://www.add-vance.org/parents/neurodiversity-support-hub/>

Neurodiversity Support Hub

For Parents, Carers and Professionals across Hertfordshire

 **01727 833 963**

 **supporthub@add-vance.org**

Whether you need practical advice, emotional support or simply a listening ear, we're here for you.

Helpline hours:

Term Time: Mon, Wed & Fri: 9am - 1pm

Tues & Thurs: 9am - 3pm

Wed evenings (by appointment): 7pm - 9pm

School Holidays: Mon - Fri: 9am - 1pm

All our helpline team are parents/carers of neurodivergent children.

