

# Parent & Carer Support TALKING ASD & ADHD Workshops Summer 2025



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

← Eventbrite Page

## ANXIETY & STRESS



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

Wednesday 14<sup>th</sup> May, 9.30-11.15am

Workshop SL762 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-762-for-parentscarers-in-herts-registration-1307006775449>

## COPING with CHANGE



- How children feel about and react to change.
- Prepare children for big changes such as starting a new school.
- Coping with small day to day changes.
- Responding to children when they are struggling.
- Learn from new experiences.

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

Workshop SL763 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-763-for-parentscarers-in-herts-registration-1308622327609?aff=oddtcreator>

## RESPONDING to ANGER



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

Monday 9<sup>th</sup> June, 7.30-9.15pm

Workshop SL764 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-764-for-parentscarers-in-herts-registration-1301137008819>

## THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Wednesday 25<sup>th</sup> June, 7.30-9.15pm

Workshop SL765 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-765-for-parentscarers-in-herts-registration-1307948441999>

## TECH USE



Wednesday 2<sup>nd</sup> July, 9.30-11.15am

Workshop SL766 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-766-for-parentscarers-in-herts-registration-1307911732199?aff=oddtcreator>

- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- Using devices as a reward or consequence.
- Teach children self-regulation

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