

TALKING ASD & ADHD WORKSHOP: RESPONDING TO ANGER

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



Monday
8th February 2021
7.30 - 9.30pm

We will help you to learn about:

The difference between healthy & unhealthy anger.

The pattern that anger takes and how to spot the non-verbal 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.

Where to access further help and support, both locally and nationally.

"Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately."

An online parenting workshop delivered to your home via Zoom

Full details on how to access and use this will be offered. 

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parentscarers-in-herts-registration-130897484901>

Or contact Supporting Links
QUOTING REFERENCE SL422

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

Follow on:



This workshop is provided free to parents by Hertfordshire County Council

