

# TALKING ASD & ADHD WORKSHOPS: THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.




**Thursday**  
**9th December 2021**  
**7.30 - 9.30pm**

## We will help you to learn about:

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.
- Where to access further help and support, locally and nationally.

**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 Link:**

[Talking ASD and ADHD: The teenage years. For parents/carers in Herts 469 Registration, Thu 9 Dec 2021 at 19:30 | Eventbrite](#)

**Or contact Supporting Links**  
**QUOTING REFERENCE SL469**

**01442 300185**

**[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

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This workshop is provided free to parents by Hertfordshire County Council



**'I tried the techniques and was amazed at the outcome.'**