

TALKING ASD & ADHD WORKSHOPS:

ANXIETY and STRESS

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



**Wednesday
20th October 2021
9.30 - 11.30am**

We will help you to learn about:

The difference between stress and anxiety.

Understanding anxiety related conditions amongst young people with ASD and/or ADHD.

How to spot the non-verbal signs of stress.

Common triggers amongst neurodiverse children.


What an anxious child needs to feel safe and how to provide this.

Strategies to engage an anxious or stressed child.

The early warning signs of mental health problems.

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.  zoom

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite Link:

[Talking ASD and ADHD: Anxiety and Stress. For parents/carers in Herts Registration, Wed 20 Oct 2021 at 09:30 | Eventbrite](#)

**Or contact Supporting Links
QUOTING REFERENCE SL464**

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

Follow on:



This workshop is provided free to parents by Hertfordshire County Council



'I have been on a few courses to help me with my son, this was by far the most helpful.'