



# 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

APR

14

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 834**

APR

14

8PM

ONLINE  
COURSE

## TALKING ADDITIONAL NEEDS

Our **FREE** 6 week course for parents and carers of children aged 2-19 with any additional need. Your child does not need a diagnosis.

**Pre-booking essential—quote course ID 831**

MAY

06

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**

MAY

06

7:45PM

ONLINE  
COURSE

## TALKING DADS

6 **FREE** weekly sessions for dads and male carers with children aged 0-19 to help you to develop your dad/child relationship, now and for the future.

**Pre-booking essential—quote course ID 836**

JUN

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**



Fully Funded By Herts County Council

JUN

03

7:45PM

ONLINE  
COURSE



MAR

23

10AM

ONLINE  
COURSE

MAR

25

7PM

ONLINE  
COURSE



# 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

## 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**

Bitesize workshops answering common parenting questions—in short, practical, interactive online workshops **FREE** to parents and carers living in Hertfordshire

Pre-booking essential. Please quote the course ID.

Contact Supporting Links on: 07512 709556

info@supportinglinks.co.uk

<https://www.eventbrite.co.uk/cc/bitesize-parenting-for-parents-in-herts-3853843>

## HOW CAN MY CHILD LEARN TO MANAGE THEIR FEELINGS?

**Parents** are often unsure how to help their child to manage their overwhelming feelings and the behaviour that they see. **Young people** often struggle when they get emotional – they don't know HOW to calm down – and reach boiling point too often and too quickly.

There are things we can do to calm ourselves down in these situations and help our children to learn how to deal with their overwhelming feelings

**Pre-booking essential—quote course ID 820**

## HOW DO I TALK TO MY TEEN OR PRE-TEEN ABOUT...

Having difficult conversations with your son or daughter about **sex, drugs & social media?**

Are you worried about the risk of your teen or pre-teen being exposed to **inappropriate images and information?**

Would you like to find out how to talk with your child about difficult subjects, like **pornography and consent?**

Do you want to know how to **help your young person to keep themselves safe, online or when they are out and about?**

These are big questions.

**Pre-booking essential—quote course ID 821**



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](mailto:bookings@supportinglinks.co.uk)

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

JUN

9:30AM

02

ONLINE  
COURSE

## 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**

JUN

7:30PM

08

ONLINE  
COURSE

## 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**

JUN

7:30PM

16

ONLINE  
COURSE

## 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**

JUN

7:30PM

24

ONLINE  
COURSE

## 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**



Families In Focus CIC

Enabling families to be stronger together

**DSPL** | Delivering Special Provision Locally  
Achieving quality outcomes



**Calendar**

**JOIN THE TEAM**

**FREE** Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment. [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

Email Francine & Lesley today: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

**APR**

**13**

**7PM**

**ONLINE COURSE**

**HANDLING ANGER IN YOUR FAMILY FOR CHILDREN WITHOUT SEND**

An online course for parents of primary aged children with no SEN needs. Increase understanding of children react with anger and learn tried and tested techniques to support children to de-escalate and change reactions to trigger situations to bring harmony and calm for the whole family

**APR**

**14**

**9:30AM**

**ONLINE COURSE**

**HANDLING ANGER OF PRIMARY AGED CHILDREN WITH ADHD AND/OR AUTISM**

Our FREE evidence-based online interactive course for Hertfordshire parents of children aged 4-11 helps parents to increase understanding of Autism, ADHD, Sensory Needs and how to support children's emotional regulation. We provide tried and tested strategies for a calmer and happier family life for all.

**APR**

**14**

**9:30AM**

**ONLINE COURSE**

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**APR**

**14**

**6:30PM**

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Families In Focus CIC

Enabling families to be stronger together

**DSPL** | Delivering Special Provision Locally  
Achieving quality outcomes

APR

15

9:30PM

ONLINE COURSE

APR

15

6:30PM

ONLINE COURSE

**BeeZee FAMILIES**

FREE Healthy Lifestyle support for families in Hertfordshire

APR

30

5PM

CHATER JUNIOR SCHOOL  
ADDISCOMBE RD  
WATFORD  
WD18 0ND



Calendar

JOIN THE TEAM

**FREE** Support, information & learning groups for parents caring for children with special educational needs and/or disabilities and chronic health conditions – no need to book just turn up unless stated otherwise. Delivered by experienced, trained facilitators with over 25 years of personal experience and professional knowledge to share in a non-judgemental and supportive environment. [www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

Email Francine & Lesley today: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

**COMPLETE GUIDE TO PARENTING CHILDREN WITH AUTISM OR ADHD**

This free 9-week course is for those parenting children aged two to 11 with all Special Education Needs living in Hertfordshire including those on assessment pathways. Learn a range of strategies and solutions, to better manage behaviours that challenge.

**COMPLETE GUIDE TO PARENTING CHILDREN WITH AUTISM OR ADHD**

This free 9-week course is for those parenting children aged two to 11 with all Special Education Needs living in Hertfordshire including those on assessment pathways. Learn a range of strategies and solutions, to better manage behaviours that challenge.

**BeeZee Bodies** run a free, fun healthy lifestyle course called **BeeZee Families**. A team of family nutritionists and wellbeing coaches support children who are above the ideal weight for their age, and their families, to learn about healthy eating, fun physical activity, cooking sessions, top tips for healthy lifestyle, and how to make healthy habits for life!

[BZBinfo@maximusuk.co.uk](mailto:BZBinfo@maximusuk.co.uk) Tel: 01707 248648

**BEEZEE FAMILIES**

Join our FREE, 12 week in-person healthy lifestyle programme to help your family build habits around food and physical activity



These courses are funded by Herts County Council and are open to residents of Hertfordshire only

MAY

06

9:30PM

ONLINE COURSE

MAY

06

7PM

ONLINE COURSE

MAY

07

7PM

ONLINE COURSE



# Calendar

JOIN THE TEAM

**Families Feeling Safe** is an award-winning Social Enterprise, delivering high quality Protective Behaviours training, courses and workshops. Our work means children, young people and families feel safer in their communities by improving their resilience and emotional & mental wellbeing.

**For eligibility and to book your FREE place:**  
email: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk) Tel: 07748 332606

## SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

An 8 week course for **Mums, Dads and Carers**.

Are you looking for strategies and new ideas to help improve family life?

**For eligibility and to book your fully funded place please use this link:** <https://forms.office.com/e/iz949mReq8>

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## SUPPORTING DADS WITH PROTECTIVE BEHAVIOURS

An 8 week course for **Dads and Male Carers**.

Are you looking for strategies and new ideas to help improve family life?

**For eligibility and to book your fully funded place please use this link:** <https://forms.office.com/e/iz949mReq8>

DSPL9

Delivering Special  
Provision Locally



MAY

11

10AM

ASDA WATFORD  
COMMUNITY  
ROOMS  
ST ALBANS RD  
WD24 7RT

JUN

15

9:30AM

ASDA WATFORD  
COMMUNITY  
ROOMS  
ST ALBANS RD  
WD24 7RT

JUN

29

9:30AM

ASDA WATFORD  
COMMUNITY  
ROOMS  
ST ALBANS RD  
WD24 7RT



Calendar

JOIN THE TEAM



### EBSA COFFEE MORNING

DSPL 9 are pleased to be able to offer a face to face session for parents and carers of children and young people who are experiencing EBSA (Emotionally Based School Anxiety). The event will be run by DSPL 9 with an **SWHP Family Support Worker** and Nessie Therapist available to offer support and guidance.

If you would like to attend or to find out more, please email us at: [enquiries@dsplarea9.org.uk](mailto:enquiries@dsplarea9.org.uk)

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



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/>

**MAY**

**5:30PM**

**13**

**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

**MAY**

**10:30AM**

**12**

**ONLINE  
COURSE**

## FREE ONLINE SUPPORT GROUP

Areas we can help you with:

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- 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](http://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>

## SKILLS FOR LIFE

### SKILLS BOOTCAMPS

HERTFORDSHIRE  
FUTURES

With confirmed funding for 2026, Step2Skills are calling out for Hertfordshire residents to come and join them on the next Early Years Skills Bootcamps this spring! **Gain a Level 2 Certificate AND a Paediatric First Aid Certificate**, alongside one-to-one career advice on the **FREE Skills Bootcamp, for Hertfordshire residents**. In just 12 weeks, you'll have made the stepping stones towards a new career, whether that's at a nursery, or working as a childminder. Once working, you could choose to develop your training and complete a full diploma. Skills Bootcamps are FREE to learners and are a great way for employers to grow their own workforce. Skills Bootcamps require commitment and dedication, but they are a fast and efficient way to begin your career in a sector that needs YOU!

### [Step2Skills Bootcamps for Hertfordshire residents](#)

APR

13

9:15AM

ONLINE  
COURSE

#### SKILLS FOR LIFE—BOOTCAMP

Passionate about working with young children and looking to start or advance your career in Early Years education? We've got fully funded Early Years Bootcamps designed to equip you with the skills you need to thrive in this rewarding field.

APR

22

9:15AM

ONLINE  
COURSE

#### SKILLS FOR LIFE—BOOTCAMP

Passionate about working with young children and looking to start or advance your career in Early Years education? We've got fully funded Early Years Bootcamps designed to equip you with the skills you need to thrive in this rewarding field.

APR

27

9:15AM

ONLINE  
COURSE

#### SKILLS FOR LIFE—BOOTCAMP

Passionate about working with young children and looking to start or advance your career in Early Years education? We've got fully funded Early Years Bootcamps designed to equip you with the skills you need to thrive in this rewarding field.



Step2Skills is Hertfordshire Future's adult learning and employment support service and provides opportunities for adults in Hertfordshire to get involved in learning and employment within the community. We aim to work with people who face barriers to education and employment such as low skills, learning or physical disabilities and mental health conditions.

The courses we run are primarily **low-cost** in order to help improve the skills and wellbeing of people living in Herts.

Call us on **01992 556194**

Email [step2skills@hertfordshire.gov.uk](mailto:step2skills@hertfordshire.gov.uk)

APR

15

9:30AM

OXHEY LIBRARY  
BRIDLINGTON RD  
SOUTH OXHEY  
WD17 7AG

### CV WRITING & COVER LETTERS

This practical and engaging workshop guides you through how to create a strong, well-structured CV and a compelling cover letter that highlights your strengths and showcases your personality. You'll learn what employers are really looking for, how to write an effective personal profile, and the key do's and don'ts that help your application stand out from the crowd. Registration fee: £10

APR

29

9:30AM

OXHEY LIBRARY  
BRIDLINGTON RD  
SOUTH OXHEY  
WD17 7AG

### ONLINE JOB SEARCH & APPLICATIONS

This informative workshop will help you navigate the modern job market by showing you how to search effectively for roles online and complete online applications with confidence. You'll learn how to identify suitable opportunities, tailor your applications, and understand what employers are looking for so you can make your submission stand out. Registration fee: £10

**CONNECT TO WORK**

Funded by **UK Government**



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>

APR

02

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

APR

16

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

APR

17

10AM

WESTFIELD &  
LITTLEBURY FAMILY  
CENTRE  
WATFORD WD18 6NS

## SEND CHAT & PLAY

Come and meet with professionals from the Early Years SEND Team and Public Health Nursing Team on 27th Feb

Meet the SEND Champions at these sessions

APR

21

9:30AM

ONLINE  
COURSE

## 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

7:30PM

OTLEY FAMILY CENTRE  
OTLEY WAY  
SOUTH OXHEY  
WD19 7TB

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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



Parent Insight

APR

14

10AM

OTLEY WAY  
FAMILY CENTRE  
SOUTH OXHEY  
WD19 7TB

APR

14

6PM

WESTFIELD ACADEMY  
TOLPITS LANE  
WATFORD  
WD18 6NS

Healthy  
hubs  
Hertfordshire



WATFORD  
BOROUGH  
COUNCIL



Calendar

JOIN THE TEAM

*The Who's in Charge?* group is an 8-week program for parents or Carers of young people (8 to 18) who are beyond control, violent or defiant. Does your child threaten, hurt or intimidate you? Do you feel you are losing control? Want to better handle conflict? Reclaim respect and you family!

Tel: 0208 428 5434

Email: [collette.garland@hertfordshire.gov.uk](mailto:collette.garland@hertfordshire.gov.uk) or  
[Fiona.givin@hertfordshire.gov.uk](mailto:Fiona.givin@hertfordshire.gov.uk)

### WHO'S IN CHARGE?

Th group aims to:

- Provide a supportive environment to share experiences & ideas
- Reduce the guilt and shame that most parents feel
- Offer ideas to help you develop individual strategies for managing your child's behaviour
- Explore ways of increasing safety and wellbeing
- Help parents feel more in control and less stressed

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- Reduce the guilt and shame that most parents feel
- Offer ideas to help you develop individual strategies for managing your child's behaviour
- Explore ways of increasing safety and wellbeing
- Help parents feel more in control and less stressed

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>



# 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](mailto: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](mailto: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



Autism | ADHD  
Neurodiverse Conditions

For residents of Hertfordshire only

**MAR**

**25**

**10AM**

**ONLINE  
COURSE**

**MAR**

**25**

**6:30M**

**ONLINE  
COURSE**

**MAR**

**26**

**10AM**

**ONLINE  
COURSE**

**MAR**

**27**

**10AM**

**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.

## **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.

## **PREPARING FOR AN ANNUAL REVIEW (EHCP)**

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.

## **UNDERSTANDING AUTISM WORKSHOP**

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.

## **NO TWO BRAINS ARE THE SAME. WHAT IS NEURODIVERITY?**

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.



# 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](#)

APR

7PM

07

ONLINE  
COURSE

## CYPMHS PARENT/CARER ENGAGEMENT SESSION

Is your child or young person receiving support or on a waiting list for a mental health service?

Would you like to speak to people who understand?

Would you like to learn more about strategies to help your child towards recovery?

Would you like support for yourself?

APR

7PM

08

ONLINE  
COURSE

## 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.

APR

1PM

09

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.

APR

10:30PM

10

ONLINE  
COURSE

## 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](#)

APR

10:30AM

13

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.

APR

7:30PM

14

ONLINE  
COURSE

## MENTAL HEALTH CARERS SUPPORT GROUP

Our monthly group for Carers who are supporting someone who is thinking about suicide or who has already tried to take their own life.

APR

10:30AM

16

ONLINE  
COURSE

## MINDFUL PARENTING

Parenting is one of life's most profound roles – and also one of its most challenging. This free 3-part online course (3 sessions, 2 hours each) offers a gentle, supportive space to explore how mindfulness can help you show up with more presence, patience, and emotional clarity in your day-to-day parenting.



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

APR

10:30AM

20

ONLINE  
COURSE

## 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.

APR

10:30AM

21

ONLINE  
COURSE

## 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.

APR

1PM

28

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**



# 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](mailto:herts@add-vance.org)**

**APR**

**9:30AM**

**14**

**ONLINE  
COURSE**

## **UNDERSTANDING ADHD AND AUTISM IN THE EARLY YEARS**

An introductory course for parent/carers of children aged 2 - 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

Develop positive behaviour strategies, improve communication as a family, build your child's self-esteem

**APR**

**7PM**

**14**

**ONLINE  
COURSE**

## **UNDERSTANDING ADHD AND AUTISM IN THE PRIMARY YEARS**

An introductory course for parent/carers of children aged 5-11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism.

Develop positive behaviour strategies, improve communication as a family, build your child's self-esteem

**APR**

**7PM**

**15**

**ONLINE  
COURSE**

## **UNDERSTANDING ADHD AND AUTISM IN THE TEEN YEARS**

For Parent/carers of pre-teens and teens aged 12-15 yrs (or 11 yrs and already at secondary school) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

Help your teen to understand themselves better and develop their identity

Explore your parenting style and how this may impact your teen

**JUN**

**7PM**

**03**

**ONLINE  
COURSE**

## **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

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

**ADD-vance**



**JUN**

**10AM**

**04**

**ONLINE COURSE**



**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](mailto:herts@add-vance.org)

**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.



**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.



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

**ADD-vance**



**APR**

**13**

**10AM**

**ONLINE COURSE**

**APR**

**15**

**10AM**

**ONLINE COURSE**

**APR**

**17**

**10AM**

**ONLINE COURSE**

**APR**

**20**

**10AM**

**ONLINE COURSE**



**Calendar**

**JOIN THE TEAM**

**FREE ONLINE SPRING 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/>

**IDENTIFYING ADHD AND/OR AUTISM**

An introductory workshop for parents/carers of neurodivergent children and young people up to 18 years. Understand the diagnostic criteria and Herts diagnostic pathways. Feel confident to explain diagnoses in a strengths-based way. Know where to get more help.

**UNDERSTANDING AUTISM**

An introductory online course for parent/carers of children aged 5-11 yrs (or 4 yrs and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand anxiety and anger triggers. Develop positive behaviour strategies. Improve communication as a family

**UNDERSTANDING ADHD AND AUTISM IN THE EARLY YEARS**

An introductory workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism. Recognise the different ways that ADHD and Autism may present in children. Take away some new ideas to help your family. Know where to get more help

**UNDERSTANDING ADHD FOR PARENTS/CARERS OF GIRLS**

An introductory workshop for parents/carers of girls up to 18 years with a diagnosis or suspected diagnosis of ADHD. Explore how ADHD may present differently in girls and women. Discuss strategies to support ADHD girls. Know where to get more help

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

**ADD-vance**



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**APR**

**22**

**7PM**

**ONLINE  
COURSE**

**UNDERSTANDING ADHD**

An introductory workshop for parents/carers of children up to 18 years with a diagnosis (or suspected diagnosis) of ADHD. Understand more about the strengths and challenges associated with ADHD. Recognise the different ways that ADHD may 'present' in children/young people, including co-existing conditions. Explore helpful support strategies.

**APR**

**27**

**10AM**

**ONLINE  
COURSE**

**TIPS & TOOLS FOR SLEEP**

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 common problems associated with sleep and neurodivergence. Understand the root of the problem and how this has developed. Identify strategies that others have used to overcome sleep issues.

**APR**

**29**

**7PM**

**ONLINE  
COURSE**

**UNDERSTANDING PDA**

An introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand more about the 'PDA' presentation of autism. Explore helpful support strategies. Know where to get more help.

**MAY**

**01**

**10AM**

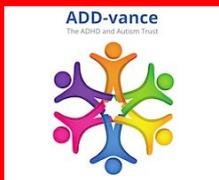
**ONLINE  
COURSE**

**UNDERSTANDING CHALLENGING BEHAVIOUR**

An introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understand why challenging behaviour is more common in neurodiverse children/young. Identify triggers and underlying needs. Develop strategies which anticipate and prevent challenging behaviour.

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

**ADD-vance**



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**MAY**

**7PM**

**06**

**ONLINE COURSE**

**TIPS & TOOLS TO MANAGE ANGER**

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 more about anger as a 'secondary emotion'. Explore 'the rage cycle' and how to handle a 'meltdown' Share proactive strategies that help reduce or prevent outbursts.

**MAY**

**10AM**

**08**

**ONLINE COURSE**

**UNDERSTANDING NEURODIVERGENT TEENS**

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism Understand the neurological/hormonal changes that happen during teenage years Explore why neurodivergent children/young people may be more sensitive to neurological/hormonal changes

**MAY**

**10AM**

**11**

**ONLINE COURSE**

**UNDERSTANDING SENSORY DIFFERENCES**

An introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Explore the differences that neurodivergent children/young people may experience in the 8 key sensory systems Investigate strategies and adjustments to support these differences.

**MAY**

**7PM**

**13**

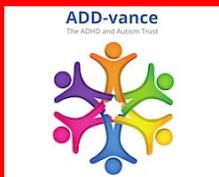
**ONLINE COURSE**

**TIPS & TOOLS TO MANAGE SENSORY DIFFERENCES**

An 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 sensory differences and behaviour. Discover how to work out your child's unique sensory profile. Explore strategies and adjustments to support your child to manage their sensory differences.

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

**ADD-vance**



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**MAY**

**10AM**

**18**

**ONLINE COURSE**

**WORKING IN PARTNERSHIP WITH SCHOOL**

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism  
Recognise when a child's needs are not being met in school.  
Understand SEN Support/Graduated Response.  
Be able to advocate for the child in constructive way.

**MAY**

**10AM**

**20**

**ONLINE COURSE**

**TIPS & TOOLS TO MANAGE SCHOOL ABSENCE**

A workshop for parents/carers of children with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.  
Understand why some neurodivergent children and young people struggle to attend school

**JUNE**

**7PM**

**01**

**ONLINE COURSE**

**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

**JUNE**

**10AM**

**03**

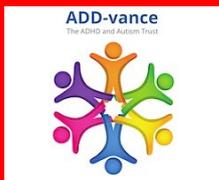
**ONLINE COURSE**

**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

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**ADD-vance**



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**JUN**

**10AM**

**05**

**ONLINE  
COURSE**

**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

**JUN**

**7PM**

**08**

**ONLINE  
COURSE**

**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  
COURSE**

**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.

**JUNE**

**7PM**

**15**

**ONLINE  
COURSE**

**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

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

**ADD-vance**



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**JUNE**

**17**

**10AM**

**ONLINE COURSE**

**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

**JUNE**

**22**

**7PM**

**ONLINE COURSE**

**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 .

**JUNE**

**24**

**10AM**

**ONLINE COURSE**

**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.

**JUNE**

**29**

**7PM**

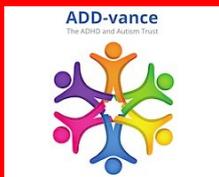
**ONLINE COURSE**

**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

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**ADD-vance**



**Calendar**

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**JULY**

**10AM**

**01**

**ONLINE COURSE**

**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.

**JULY**

**7PM**

**06**

**ONLINE COURSE**

**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

**JULY**

**10AM**

**08**

**ONLINE COURSE**

**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