



ADD-vance

The ADHD and Autism Trust

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FREE ONLINE AUTUMN 2022 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](#).

Date	Time	Topic
Wednesday 14 th September	10 – 11.30 am	Diagnosing ADHD and/or Autism
Monday 19 th September	10 – 11.30 am	Understanding Autism
Wednesday 21 st September	10 – 11.30 am	Caring for Your Child (and Yourself)
Thursday 22 nd September	10 – 11.30 am	Tips & Tools for Sleep
Thursday 22 nd September	7 – 8.30 pm	Tips & Tools to Build Self-Esteem
Monday 26 th September	10 – 11.30 am	Working in Partnership with School
Wednesday 28 th September	10 – 11.30 am	Tips & Tools to Support Communication
Thursday 29 th September	7 – 8.30 pm	Understanding ADHD
Monday 3 rd October	10 – 11.30 am	Applying for an EHCP
Tuesday 4 th October	10 – 11.30 am	Understanding PDA
Wednesday 5 th October	10 – 11.30 am	Tips & Tools for Toileting
Thursday 6 th October	7 – 8.30 pm	Tips & Tools to Support Emotional Literacy
Monday 10 th October	10 – 11.30 am	Preparing for an EHCP Annual Review
Wednesday 12 th October	10 – 11.30 am	Understanding ADHD in Girls
Thursday 13 th October	7 – 8.30 pm	Tips & Tools to Support Learning
Monday 17 th October	7 – 8.30 pm	Support for Dads
Wednesday 19 th October	10 – 11.30 am	Understanding Autism in Girls
Thursday 20 th October	10 – 11.30 am	Tips & Tools to Manage Everyday Change
	HALF	TERM
Monday 31 st October	10 – 11.30 am	Understanding Self Harm
Wednesday 2 nd November	10 – 11.30 am	Supporting Siblings
Thursday 3 rd November	7 – 8.30 pm	Understanding Challenging Behaviour
Friday 4 th November	10 – 11.30 am	Tips & Tools to Manage Anger
Monday 7 th November	10 – 11.30 am	Supporting Transition into Primary School
Wednesday 9 th November	7 – 8.30 pm	Understanding Sensory Differences
Friday 11 th November	10 – 11.30 am	Tips & Tools to Manage Sensory Differences
Monday 14 th November	10 – 11.30 am	Supporting Transition into Secondary School
Wednesday 16 th November	10 – 11.30 am	Tips & Tools to Support Puberty
Thursday 17 th November	7 – 8.30 pm	Understanding Anxiety
Friday 18 th November	10 – 11.30 am	Tips & Tools to Manage Anxiety
Monday 21 st November	10 – 11.30 am	Tips & Tools for Positive Behaviour
Wednesday 23 rd November	10 – 11.30 am	Preparing for Adulthood 14+
Wednesday 23 rd November	7 – 8.30 pm	Understanding Neurodiverse Teens
Monday 28 th November	10 – 11.30 am	Tips & Tools to Teach Social Skills
Wednesday 30 th November	10 – 11.30 am	Thinking About College
Thursday 1 st December	10 – 11.30 am	Thinking About University

'I feel so much better prepared for the future'

'I finally understand my child!'

'I have some great new ideas to try at home'

ADD-vance will only use your data for the administration of the workshops and anonymised reporting to funders. We will not pass your personal information on to any third parties. Please note you may be contacted by our funders, Hertfordshire County Council, for feedback following the workshops.