



ADD-vance

The ADHD and Autism Trust

Website: www.add-vance.org
 Email: herts@add-vance.org
 Phone: 01727 833963



FREE ONLINE WORKSHOPS FOR PARENTS/CARERS

We are delighted to announce our programme of SPRING TERM ONLINE WORKSHOPS for parents/carers 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 Facebook page.

| THE SEND JOURNEY WORKSHOPS | Date | Time |
|---|------------|-------------|
| Identifying ADHD and/or Autism in your child | Mon 11 Jan | 10.00-11.30 |
| Caring for your neurodiverse child (and yourself!) | Mon 18 Jan | 10.00-11.30 |
| Working in partnership with school to support your neurodiverse child | Mon 25 Jan | 10.00-11.30 |
| Managing the transition to Primary School for your neurodiverse child | Mon 1 Feb | 10.00-11.30 |
| Managing the transition to Secondary School for your neurodiverse child | Mon 8 Feb | 10.00-11.30 |
| Applying for an ECHP for your neurodiverse child | Mon 22 Feb | 10.00-11.30 |
| Preparing for an EHCP Annual Review for your neurodiverse child | Mon 1 Mar | 10.00-11.30 |
| Support for Dads with neurodiverse children | Mon 8 Mar | 10.00-11.30 |
| Supporting Siblings in neurodiverse families | Mon 15 Mar | 10.00-11.30 |
| Preparing for Adulthood (14+) | Mon 22 Mar | 10.00-11.30 |
| Preparing for Adulthood (16+) | Wed 24 Mar | 10.00-11.30 |
| Preparing for Adulthood (18+) | Thu 25 Mar | 10.00-11.30 |

'I feel so much better prepared for the future'

'I finally understand my child!'

| PSYCHO-EDUCATION WORKSHOPS | Date | Time |
|---|------------|-------------|
| Understanding ADHD | Wed 13 Jan | 10.00-11.30 |
| Understanding Autism | Wed 20 Jan | 10.00-11.30 |
| Understanding Pathological Demand Avoidance (PDA) | Wed 27 Jan | 10.00-11.30 |
| Understanding ADHD in Girls | Wed 3 Feb | 10.00-11.30 |
| Understanding Autism in Girls | Wed 10 Feb | 10.00-11.30 |
| Understanding Challenging Behaviour | Wed 24 Feb | 10.00-11.30 |
| Understanding Sensory Differences | Wed 3 Mar | 10.00-11.30 |
| Understanding Anxiety | Wed 10 Mar | 10.00-11.30 |
| Understanding Teens with ADHD/Autism | Wed 17 Mar | 10.00-11.00 |

| SKILL-BUILDING WORKSHOPS | Date | Time |
|---|------------|-------------|
| Tips and tools to build your child's self-esteem | Thu 14 Jan | 10.00-11.30 |
| Tips and tools to support communication with your child | Thu 21 Jan | 10.00-11.30 |
| Tips and tools to improve sleep | Fri 22 Jan | 10.00-11.30 |
| Tips and tools to teach your child about emotions and self-regulation | Thu 28 Jan | 10.00-11.30 |
| Tips and tools to support your child's learning (executive function) | Thu 4 Feb | 10.00-11.30 |
| Tips and tools for toileting | Fri 5 Feb | 10.00-11.30 |
| Tips and tools to manage change (transitions) | Thu 11 Feb | 10.00-11.30 |
| Tips and tools for positive behaviour | Thu 25 Feb | 10.00-11.30 |
| Tips and tools to manage anger | Fri 26 Feb | 10.00-11.30 |
| Tips and tools to help your child manage sensory differences | Thu 4 Mar | 10.00-11.30 |
| Tips and tools to manage anxiety | Thu 11 Mar | 10.00-11.30 |
| Tips and tools to manage self-harm | Fri 12 Mar | 10.00-11.30 |
| Tips and tools to support your child through puberty | Thu 18 Mar | 10.00-11.30 |
| Tips and tools to teach your child social skills | Fri 19 Mar | 10.00-11.30 |

'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.