



FREE ONLINE AUTUMN 2022 WORKSHOPS FOR HERTS PARENTS/CARERS

Date	Time	Topic
Wed 14 th Sept	10 – 11.30 am	Diagnosing ADHD and/or Autism
Mon 19 th Sept	10 – 11.30 am	Understanding Autism
Wed 21 st Sept	10 – 11.30 am	Caring for Your Child (and Yourself)
Thurs 22 nd Sept	10 – 11.30 am	Tips & Tools for Sleep
Thurs 22 nd Sept	7 – 8.30 pm	Tips & Tools to Build Self-Esteem
Mon 26 th Sept	10 – 11.30 am	Working in Partnership with School
Wed 28 th Sept	10 – 11.30 am	Tips & Tools to Support Communication
Thurs 29 th Sept	7 – 8.30 pm	Understanding ADHD
Mon 3 rd Oct	10 – 11.30 am	Applying for an EHCP
Tues 4 th Oct	10 – 11.30 am	Understanding PDA
Wed 5 th Oct	10 – 11.30 am	Tips & Tools for Toileting
Thurs 6 th Oct	7 – 8.30 pm	Tips & Tools to Support Emotional Literacy
Mon 10 th Oct	10 – 11.30 am	Preparing for an EHCP Annual Review
Wed 12 th Oct	10 – 11.30 am	Understanding ADHD in Girls
Thurs 13 th Oct	7 – 8.30 pm	Tips & Tools to Support Learning
Mon 17 th Oct	7 – 8.30 pm	Support for Dads
Wed 19 th Oct	10 – 11.30 am	Understanding Autism in Girls
Thurs 20 th Oct	10 – 11.30 am	Tips & Tools to Manage Everyday Change

**HALF
TERM**

Date	Time	Topic
Mon 31 st Oct	10 – 11.30 am	Understanding Self Harm
Wed 2 nd Nov	10 – 11.30 am	Supporting Siblings
Thurs 3 rd Nov	7 – 8.30 pm	Understanding Challenging Behaviour
Fri 4 th Nov	10 – 11.30 am	Tips & Tools to Manage Anger
Mon 7 th Nov	10 – 11.30 am	Supporting Transition into Primary School
Wed 9 th Nov	7 – 8.30 pm	Understanding Sensory Differences
Fri 11 th Nov	10 – 11.30 am	Tips & Tools to Manage Sensory Differences
Mon 14 th Nov	10 – 11.30 am	Supporting Transition into Secondary School
Wed 16 th Nov	10 – 11.30 am	Tips & Tools to Support Puberty
Thurs 17 th Nov	7 – 8.30 pm	Understanding Anxiety
Fri 18 th Nov	10 – 11.30 am	Tips & Tools to Manage Anxiety
Mon 21 st Nov	10 – 11.30 am	Tips & Tools for Positive Behaviour
Wed 23 rd Nov	10 – 11.30 am	Preparing for Adulthood 14+
Wed 23 rd Nov	7 – 8.30 pm	Understanding Neurodiverse Teens
Mon 28 th Nov	10 – 11.30 am	Tips & Tools to Teach Social Skills
Wed 30 th Nov	10 – 11.30 am	Thinking About College
Thurs 1 st Dec	10 – 11.30 am	Thinking About University