



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/>



Promoting Strong Family Relationships

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

FEB

7:45PM

24

ONLINE  
COURSE

## TALKING ANXIETY IN TEENS

6, weekly sessions for parents and carers of children and young people aged 12-19, supporting you to understand why children and adults get angry and develop strategies to handle anger in yourself and others within your family.

Pre-booking essential—quote course ID 706

FEB

9:45AM

25

ONLINE  
COURSE

## TALKING ADDITIONAL NEEDS

6 FREE weekly sessions for parents and carers of children with any additional need from 2-19 yrs.

Your child does not need to have a diagnosis, but does need a recognised additional need.

Pre-booking essential—quote course ID 701

FEB

8PM

25

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 702

FEB

7:45PM

26

ONLINE  
COURSE

## TALKING DADS

6 FREE weekly sessions for dads and male carers with children aged 12-19 to help you to develop your dad/child relationship, now and for the future.

Pre-booking essential—quote course ID 712

FEB

7:45PM

27

ONLINE  
COURSE

## TALKING DADS

6 FREE weekly sessions for dads and male carers with children aged 0-11 to help you to develop your dad/child relationship, now and for the future.

Pre-booking essential—quote course ID 711



Fully Funded By Herts County Council



# Calendar

JOIN THE TEAM

We have a number of **single session 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.supportinglinks.co.uk/whatson.html>

FEB

7:30PM

13

ONLINE  
COURSE

## TALKING ASD & ADHD WORKSHOP: SIBLING STRUGGLES

Are you struggling to meet the needs of your family?  
Do your children squabble, fight & play you up?  
Are you constantly wading in to sort things out?  
How to manage listening to everyone and juggling your family's needs

**Pre-booking essential—quote course ID 713**

MAR

7:30PM

04

ONLINE  
COURSE

## TALKING ASD & ADHD WORKSHOP: THE TEENAGE YEARS

Do you struggle to cope with your teenager's changing moods?  
Is your child approaching the teenage years and you would like to be prepared?  
Helping you to understand and support your child of 11+ to be the best they can be with as little conflict as possible

**Pre-booking essential—quote course ID 715**

APR

9:30AM

02

ONLINE  
COURSE

## TALKING ASD & ADHD WORKSHOP: RESPONDING TO ANGER

Recognise, respond to and reduce the impact of anger in your family. Based on our CAN Parent accredited Anger: Escaping the Trap course, we have developed this popular workshop that is more than anger management strategies, because we want anyone who attends to leave understanding what is happening for their child and what they can do about it.

**Pre-booking essential—quote course ID 714**



Fully Funded By Herts County Council



**FEB**

VARIOUS  
DATES

**AM/PM**

VARIOUS  
TIMES

**MAR**

VARIOUS  
DATES

**AM/PM**

VARIOUS  
TIMES



**FEB**

**26**

**9:30AM**

BOURNEHALL PRIMARY  
SCHOOL  
BOURNEHALL AVE  
BUSHEY  
WD23 3AX



# Calendar

JOIN THE TEAM

## BITESIZE PARENTING

A Supporting Links workshop collection

Practical interactive online workshops FREE to parents and carers living in Hertfordshire

- 10 FEB HOW DO I GET MY CHILD TO LISTEN TO ME?  
<https://bit.ly/4eJprPM>
- 26 FEB HOW CAN MY CHILD LEARN TO MANAGE THEIR FEELINGS?  
<https://bit.ly/4g12pFc>

- 06 MAR WHY CAN'T MY CHILD MAKE GOOD DECISIONS?  
<https://bit.ly/4g1WjUt>
- 10 MAR IS IT POSSIBLE TO PRAISE MY CHILD TOO MUCH?  
<https://bit.ly/4hZAIUh>
- 17 MAR HOW DO I TALK TO MY TEEN/PRETEEN ABOUT...?  
<https://bit.ly/4hWM329>
- 27 MAR WHY DON'T MY CHILDREN GET ON WITH EACH OTHER BETTER?  
<https://bit.ly/3ALtzB3>

Mental Health First Aid (MHFA) Youth is an internationally recognised approach, designed to teach people how to spot the signs and symptoms of mental ill health in young people and provide help on a first aid basis.

The course is being funded by the Emotional Mental Wellbeing in Education Team (EMWiE).

Tickets are limited to 1 adult per family.

## MENTAL HEALTH FIRST AID

A one day course suitable for people who teach, work, live with and care for children and young people aged 8 – 18.

This course is available to Parents/Carers of children who attend a Hertfordshire School Setting.



Families In Focus CIC

Enabling families to be stronger together

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

**FEB**

**24**

**12:30PM**

**ONLINE COURSE**

**FEB**

**24**

**7PM**

**ONLINE COURSE**



To get codes for Parent Network online sessions, join our closed Facebook group here – <https://www.facebook.com/groups/184975381651870/>

**TUES**

**48 WKS PER YEAR**

**8PM**

**ONLINE COURSE**



**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: [bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) for further details

**HANDLING ANGER IN THE FAMILY**

FREE 6 Week Handling Anger in your family (with primary aged children) for parents living in Hertfordshire via ZOOM (free downloadable app) This CANparent quality mark course is for parents of primary aged children, and provides practical and proven techniques to reduce angry meltdowns in your family.

**HANDLING ANGER IN THE FAMILY**

FREE 6 Week Handling Anger in your family (with primary aged children) for parents living in Hertfordshire via ZOOM (free downloadable app) This CANparent quality mark course is for parents of primary aged children, and provides practical and proven techniques to reduce angry meltdowns in your family.

Parent Networks are a mixture of free in-person and online support groups for parents of children and young people with SEND, where it is safe to share tips, stories, advice, or have a chat with others who truly understand how challenging family life can be.

Parent Network community is warm, welcoming, and friendly. As parents ourselves, we recognise how isolating it can be living with daily challenges and we simply want you to feel comfortable and connect with other parents who live in families similar to yours.

**FIF ARMS**

The FIF Arms is a drop-in session for parents of children with SEND, and you can join any time from 8-9.30pm, for as little or as much time as you like.

Join Siobhann and Tracey at the FIF Arms, every Tuesday, 8-10pm, online via Zoom, 48 weeks of the year. Everyone welcome!



Courses open to parent/carers who are residents of Hertfordshire



# Calendar

JOIN THE TEAM

A range of online parenting groups funded by HCC for parents of children who live or go to school in Hertfordshire. They are for parents/carers of children with ADHD, SEN and parents of pre-teens/teens who are showing challenging behaviour.

To register, visit: <https://www.familylives.org.uk/>

To book or further information please call Louise on 0204 522 8700 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)

FEB

7PM

10

ONLINE  
COURSE

## ANXIETY AROUND ADHD

This **2-hour workshop** is for parents and carers who suspect or have received a recent diagnosis that their child has ADHD. The workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

FEB

9:30AM

14

ONLINE  
COURSE

## SIBLING RIVALRY

This **2-hour workshop** will provide parents with strategies and tools to effectively foster positive relationships, promote co-operation and manage conflict between children.

FEB

7PM

24

ONLINE  
COURSE

## PARENTING SEN CHILDREN WHEN SEPARATED

A **6 session programme**, specially tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEN child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

FEB

9:30AM

25

ONLINE  
COURSE

## PARENTING SEN CHILDREN WHEN SEPARATED

A **6 session programme**, specially tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEN child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.





Courses open to parent/carers who are residents of Hertfordshire

**FEB**

**26**

**9:30AM**

**ONLINE  
COURSE**

**FEB**

**27**

**9:30M**

**ONLINE  
COURSE**

**MAR**

**18**

**7PM**

**ONLINE  
COURSE**

**MAR**

**20**

**7PM**

**ONLINE  
COURSE**



# Calendar

**JOIN THE TEAM**

A range of online parenting groups funded by HCC for parents of children who live or go to school in Hertfordshire. They are for parents/carers of children with ADHD, SEN and parents of pre-teens/teens who are showing challenging behaviour.

To register, visit: <https://www.familylives.org.uk/>

To book or further information please call Louise on 0204 522 8700 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)

## **SORTING OUT ARGUMENTS IN YOUR FAMILY**

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family.

## **GETTING ON WITH YOUR PRE-TEEN/TEENAGER**

Worried about your child? Join our online group and get support to help you and your family gain knowledge and skills to develop a more positive relationship. This group is particularly suited for parents and or carers of pre-teens/teens who may have a FFA, CIN, CP or Youth Justice Plan but places are also available for parents wanting to gain an understanding of the feelings and needs underlying teenager behaviour.

## **REDUCING CONFLICT**

Conflicts are regular occurrence within families. It's often a normal part of everyday life. However, conflict that is frequent, intense, and poorly resolved, has a significant negative impact on children's mental health and long-term life chances. This 2-hour workshop provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies that parents can take to help improve their family relationships.

## **IT'S A DADS LIFE**

This online workshop is for dads to help build strong attachments and relationships with their child. It aims to empower fathers with the knowledge and skills to develop deep connections with their children, enhancing their parenting journey.



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

FEB

27

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

A **FREE** online course for **Dads and Male Carers** of children 0-19yrs.

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



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.



**Beezee  
FAMILIES**

**FREE Healthy Lifestyle support  
for families in Hertfordshire**

**FEB**

**18**

**2PM**

MERIDEN  
COMMUNITY CENTRE  
GARSMOOTH WAY  
WATFORD

**FEB**

**20**

**2PM**

HOLYWELL  
COMMUNITY CENTRE  
CHAFFINCH LANE  
WATFORD



**Funded by  
UK Government**

**sps  
TRAINING**

**COMING SOON!**

WOODHALL  
SCHOOL  
SOUTH OXHEY  
WD19 6QX



**Calendar**

**JOIN THE TEAM**

We are **BeeZee Bodies**, and we run a free, fun healthy lifestyle course called BeeZee Families. Our 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**

**Tel: 01707 248648**

### **FAMILY COOK ALONG**

Join our FREE sessions this February half-term!  
Perfect for children aged 6-12. Siblings are welcome too.

### **FAMILY COOK ALONG**

Join our FREE sessions this February half-term!  
Perfect for children aged 6-12. Siblings are welcome too.

Let us help you gain confidence with numeracy and learn how to understand your children's learning. These FREE sessions will give you the knowledge and confidence to help your children with their work. There will be a bit of friendly fun competition with prizes for the winners!

**For more information please contact:**

**tanya.mcbride@sps-training.com**

**01707 933215 / 01707 93321 2**

### **MODERN MATHS FOR PARENTS**

In this session we'll aim to cover:

Whole numbers

Calculations Measurements

Eligibility: Aged over 19 Living in Hertfordshire Do not have the equivalent of Maths Level 2



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/>

MAR

5:30PM

18

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

MAR

10:30AM

19

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



Autism | ADHD  
Neurodiverse Conditions

For residents of Hertfordshire only

FEB

11

10AM

ONLINE  
COURSE

FEB

11

6:30PM

ONLINE  
COURSE

FEB

24

10AM

ONLINE  
COURSE

FEB

24

6:30PM

ONLINE  
COURSE

FEB

26

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.

## PUBERTY AND NEURODIVERSITY

This workshop is designed to help parents and carers understand more about the particular challenges faced by neurodiverse young people when they are going through puberty, and the impact this can have on their family and wider circle. Parents and carers will leave equipped with lots of strategies and approaches

## UNDERSTANDING TICS AND TOURETTES

A session with Sophia Christophi, on the subject of Tourettes syndrome. Parents and carers will have a better understanding of what Tourette Syndrome is. They will be given strategies to enable them to better support their children and young people.

## ADHD IN GIRLS AND WOMEN

This workshop is designed to help parents and carers understand more about the particular challenges which girls with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them.

## 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.

## WHAT IS NEURODIVERSITY?

This workshop aims to raise awareness and promote acceptance of neurodivergent individuals. 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



Autism | ADHD  
Neurodiverse Conditions

For residents of Hertfordshire only

**FEB**

**6:30PM**

**27**

**ONLINE  
COURSE**

**MAR**

**6:30PM**

**03**

**ONLINE  
COURSE**

**MAR**

**10AM**

**05**

**ONLINE  
COURSE**

**MAR**

**10AM**

**06**

**ONLINE  
COURSE**

**MAR**

**6:30PM**

**06**

**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.

## **PUBERTY AND NEURODIVERSITY**

This workshop is designed to help parents and carers understand more about the particular challenges faced by neurodiverse young people when they are going through puberty, and the impact this can have on their family and wider circle. Parents and carers will leave equipped with lots of strategies and approaches

## **UNDERSTANDING ADHD**

During this interactive session, you'll have the opportunity to ask questions, engage in discussions, and connect with fellow participants. Our goal is to create a supportive environment where everyone can learn from each other's experiences..

## **NAVIGATING THE SEND WORLD POST 16**

A workshop that explores the services and support available to Parents of children after 16 with Special Educational Needs in Hertfordshire. Parents and carers will feel more confident and able to navigate the complexities of the Post 16 SEND world, so they can access the support they need for their family.

## **NAVIGATING THE SEND WORLD**

An opportunity to meet other parent/carers who are in a similar situation and learn what support is available for families in Hertfordshire before and following a diagnosis, across health care, education and social care. Parents and carers will feel more confident and able to navigate the complexities of the SEND world, so they can access the support they need for their family

## **AUTISTIC GIRLS WORKSHOP**

This workshop is designed to help parents and carers understand more about the particular challenges which autistic girls can face as well as leave equipped with strategies and approaches to help celebrate and support them.



Autism | ADHD  
Neurodiverse Conditions

For residents of Hertfordshire only

MAR

07

10AM

ONLINE  
COURSE

MAR

10

10AM

ONLINE  
COURSE

MAR

12

10AM

ONLINE  
COURSE

MAR

14

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 BEHAVIOUR AS COMMUNICATION: A THERAPEUTIC APPROACH

This workshop focuses on supporting children's mental health and wellbeing through planned responses, role modelling, use of language and de-escalating situations before children reach crisis.

## SENSORY SIGNS. SIGNALS & SOLUTIONS WORKSHOP

This online event is designed to help individuals understand and navigate the complex world of sensory experiences. During this workshop, we will explore various sensory signs and signals that neurodivergent individuals may experience, and discuss practical solutions to address them. Our speakers will share their knowledge and provide valuable insights on how to support individuals with sensory processing difficulties.

## TALKING SENSORY SIGNS, SIGNALS & SOLUTIONS

This 3 week course looks at the signs and signals you may see when someone is experiencing Sensory Processing Disorder or difficulties. It then moves on to look at possible strategies or solutions to help with these difficulties. Each weekly session is 2 hours long and occurs on the same day and time each week.

## PDA, ODD & ADHD: UNDERSTANDING THE DIFFERENCES WORKSHOP

A workshop that looks at the definitions of these conditions as well as the differences and possible strategies to use. Parents, carers and professionals feel confident in the differences between ADHD, Oppositional Defiant Disorder and Demand-Avoidant Autism and have secured strategies to support their children's mental health.



Autism | ADHD  
Neurodiverse Conditions

For residents of Hertfordshire only

MAR

17

6:30PM

ONLINE  
COURSE

MAR

18

10AM

ONLINE  
COURSE

MAR

21

10AM

ONLINE  
COURSE

MAR

24

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.

## NAVIGATING THE SEND WORLD

An opportunity to meet other parent/carers who are in a similar situation and learn what support is available for families in Hertfordshire before and following a diagnosis, across health care, education and social care. Parents and carers will feel more confident and able to navigate the complexities of the SEND world, so they can access the support they need for their family

## ANXIETY AND SEND

A workshop that looks at anxiety and what parents can do to support their SEN children when they become anxious. Parents and carers will be confident in recognising and managing their child's anxiety.

## UNDERSTANDING TICS AND TOURETTES

A session with Sophia Christophi, on the subject of Tourettes syndrome. Parents and carers will have a better understanding of what Tourette Syndrome is. They will be given strategies to enable them to better support their children and young people.

## UNDERSTANDING DYSLEXIA

Join us for an engaging and informative online workshop where we delve into the fascinating world of dyslexia. This workshop aims to provide a deeper understanding of dyslexia, its challenges, and how we can support individuals with dyslexia.





Autism | ADHD  
Neurodiverse Conditions

For residents of Hertfordshire only

MAR

25

10AM

ONLINE  
COURSE

MAR

27

7PM

ONLINE  
COURSE

MAR

28

10AM

ONLINE  
COURSE

To join our upcoming Support Groups and Check In and Chats please follow us on [Facebook](#) and [Eventbrite](#) to be alerted when they are available to book.

MAR

18

7PM

THE KITCHEN  
WATFORD RD  
CROXLEY GREEN  
WD3 3DB



# 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 & SUPPORTING EXECUTIVE FUNCTIONING DIFFICULTIES

Children and young people with Autism and/or ADHD can have severe difficulties with Executive Functioning. The development of executive functioning skills can enable a child to better understand their neurodiversity and develop strategies to learn more effectively, achieve their potential, enhance emotional resilience and increase their independence.

## THE EHCP PROCESS FROM SUBMISSION TO FINALISATION

This session will look at the period of the process after you have submitted your application for an assessment. It will cover the typical process following your request for a needs assessment.

## 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

Our support group is open to all parents/carers/families who are raising children and young people with neurodiverse conditions including autism and ADHD.

Your child/young person does not need a diagnosis in order for you to access our groups, and the support group is **FREE** to attend.

## CROXLEY SUPPORT GROUP

We are a friendly, knowledgeable and supportive team, and we are all SEN parents ourselves, so we really do understand the high's and lows of raising children with neuro-developmental differences.

Teas, coffees and biscuits are all provided!

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)

FEB

7PM

25

ONLINE  
COURSE

### UNDERSTANDING ADHD & AUTISM IN THE PRIMARY YEARS

An introductory online course for parents/carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

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

FEB

7PM

26

ONLINE  
COURSE

### UNDERSTANDING ADHD & AUTISM FOR DADS

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.

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

FEB

7PM

26

ONLINE  
COURSE

### UNDERSTANDING ADHD & AUTISM IN THE TEEN YEARS

An online 6 week course for fathers and male carers of pre-teens and teens with a diagnosis or suspected diagnosis of ADHD and/or Autism.

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

FEB

10AM

27

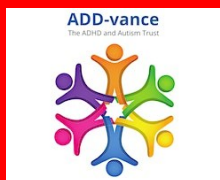
ONLINE  
COURSE

### UNDERSTANDING ADHD & AUTISM IN THE TEEN YEARS

An online 6 week course for fathers and male carers of pre-teens and teens with a diagnosis or suspected diagnosis of ADHD and/or Autism.

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

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



# Calendar

JOIN THE TEAM

## FREE ONLINE SPRING 2025 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/>

<https://www.eventbrite.co.uk/o/add-vance-14054405963>

**FEB**

VARIOUS  
DATES

**AM/PM**

VARIOUS  
TIMES

- 10 FEB TIPS & TOOLS FOR SLEEP
- 12 FEB UNDERSTANDING MEDICATION OPTIONS
- 24 FEB UNDERSTANDING ADHD & AUTISM IN THE EARLY YEARS
- 26 FEB SUPPORTING SIBLINGS

**MAR**

VARIOUS  
DATES

**AM/PM**

VARIOUS  
TIMES

- 03 MAR SUPPORT DOR DADS AND OTHER MALE CARERS
- 05 MAR UNDERSTANDING ANXIETY
- 07 MAR TIPS & TOOLS TO MANAGE ANXIETY
- 10 MAR UNDERSTANDING NEURODIVERGENT TEENS
- 12 MAR SUPPORTING THE TRANSITION TO SECONDARY SCHOOL
- 17 MAR TIPS & TOOLS TO SUPPORT SOCIAL SKILLS
- 19 MAR TIPS & TOOLS TO SUPPORT EMOTIONAL DEVELOPMENT
- 24 MAR TIPS & TOOLS TO MANAGE EVERYDAY CHANGES
- 26 MAR TIPS & TOOLS TO MANAGE EXECUTIVE FUNCTION
- 31 MAR TIPS & TOOLS FOR POSITIVE BEHAVIOUR

**FEB**

VARIOUS  
DATES

**AM/PM**

VARIOUS  
TIMES

- 02 APR TIPS & TOOLS TO MANAGE SCHOOLS ABSENCE