



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

16

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 656

APR

17

9.45AM

**ONLINE
COURSE**

TALKING ANGER IN FAMILIES

6, weekly sessions for parents and carers of children under 12, supporting you to understand why young people and adults get anxious and develop strategies to handle anxiety in yourself and others within your family.

Pre-booking essential—quote course ID 654

APR

17

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 657

APR

18

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 659



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

9.45AM

18

**ONLINE
COURSE**

TALKING ADDITIONAL NEEDS

6 **FREE** weekly sessions for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

Pre-booking essential—quote course ID 651

JUNE

7.45PM

04

**ONLINE
COURSE**

TALKING ANXIETY IN TEENS

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

Pre-booking essential—quote course ID 655

JUNE

8PM

04

**ONLINE
COURSE**

TALKING ADDITIONAL NEEDS

6 **FREE** weekly sessions for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

Pre-booking essential—quote course ID 652

JUNE

9.45AM

05

**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 653



Fully Funded By Herts County Council



JUN

05

7PM

THE REDDINGS
FAMILY CENTRE
HARCOURT RD
BUSHEY WD23 3PE

JUNE

05

7.45PM

ONLINE
COURSE



MAR

25

7.30PM

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 658

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 660

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 www.supportinglinks.co.uk

TALKING ASD & ADHD WORKSHOP: SIBLING STRUGGLES

Are you struggling to meet the needs of everyone in your family? Perhaps you are feeling pulled in many directions at the same time and are guilty that you can't meet everyone's needs all the time?

Pre-booking essential—quote course ID 629

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-sibling-struggles-for-parentscarers-in-herts-629-registration-749126606847?aff=ebdsoporgprofile>



Families In Focus CIC

Enabling families to be stronger together

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

APR

15

6.30PM

ONLINE
COURSE

APR

16

9.30AM

ONLINE
COURSE

APR

16

6.30PM

ONLINE
COURSE

APR

17

9.30AM

ONLINE
COURSE

APR

17

6.30PM

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

Email: bookings@familiesinfocus.co.uk for further details

HANDLING ANGER IN THE FAMILY

A 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

COMPLETE GUIDE TO PARENTING A CHILD WITH SEND

This free 10-week course is for those parenting children aged 2—11 with all Special Education Need living in Hertfordshire. Learn a range of strategies and solutions, to better manage behaviours that challenge

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This free 10-week course is for those parenting children aged 2 –11 with all Special Education Need living in Hertfordshire. Learn a range of strategies and solutions, to better manage behaviours that challenge

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

A free six-week course for parents with primary aged children with ADHD and/or Autism, living in Hertfordshire. This very popular, effective and award winning anger management course helps parents to gain understanding of Autism and ADHD and how behaviours can be effected

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

A free six-week course for parents with primary aged children with ADHD and/or Autism, living in Hertfordshire. This very popular, effective and award winning anger management course helps parents to gain understanding of Autism and ADHD and how behaviours can be effected



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



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 **Tel:** 07748 332606

MAY

07

7PM

**ONLINE
COURSE**

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Mums, Dads, Step-Parents and Carers**. Are you looking for some strategies and new ideas to help improve family life?

Course code: L5/eve

MAY

09

7PM

**ONLINE
COURSE**

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Dads and Male Carers**. Are you looking for some strategies and new ideas to help improve family life?

Course code: L4/eve

JUNE

04

9.30AM

**ONLINE
COURSE**

SUPPORTING FAMILIES WITH PROTECTIVE BEHAVIOURS

A **FREE** online course for **Mums, Dads, Step-Parents and Carers**. Are you looking for some strategies and new ideas to help improve family life?

Course code: L5/am



Courses open to parent/carers who are residents of Hertfordshire

MAR

26

9.30AM

**ONLINE
COURSE**

MAR

26

7PM

**ONLINE
COURSE**



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



TUES

**48 WKS
PER YEAR**

8PM

**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

BRINGING UP CONFIDENT ADHD/ASD CHILDREN

Join our 6 week online course if you are a parent of a child with suspected or undiagnosed ASD, ADHD or any other additional needs. We will help you to understand your child's behaviour, learn to break negative parent-child interaction cycles while promoting their social and emotional development.

LESS SHOUTING. MORE COOPERATION

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our **FREE** online 6 week group to learn how you can change the way you communicate with your child, respond better and feel more in control.

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. Our 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

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

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.



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](https://www.eventbrite.co.uk). 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>

MAR

27

7PM

**ONLINE
COURSE**

APR

16

7.30PM

**ONLINE
COURSE**

ABOUT ME—HEALTHY RELATIONSHIPS

Healthy Relationships - setting boundaries is important to keeping healthy relationships and prevent over committing, over promising, and a feeling of despair or resentment. Learn how to create boundaries in a way to enhance relationships and not leave you worn out.

A Zoom link will be sent to you by the provider.

FAMILY TOOLKIT

A 4 week course equipping parents / carers with new ideas about how to manage their child's behaviour and get the best out of family life.

VIRTUAL to book call 0300 123 7572 select district then option 2

WATFORD HEALTHY HUBS COMES TO HOLYWELL

If you are finding the Cost Of Living challenging and difficult, you can pop along to the Watford Healthy Hub on the **26th of March between 10.30am - 4pm at Cussans House, Croxley View, Watford, WD18 6PJ.**

The team from Citizens Advice Watford will be there between 11am and 1pm so drop in and have a chat, as its **free** to do so.

<https://www.healthyhubs.org.uk/contact/find-your-local-healthy-hub.aspx>

**Healthy
hubs**
Hertfordshire

Cost of living and managing your money information sessions
Tuesday 26 March 2024
10.30am - 4pm
Citizens Advice Watford from 11am to 1pm
13 Cussans House, Croxley View, Watford, WD18 6PJ
Drop in for a tea, coffee and a chat.

Healthy hub Watford Citizens advice Watford Watford community housing WATFORD BOROUGH COUNCIL



For residents of Hertfordshire only

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

25

10AM

ONLINE
COURSE

MAR

26

10AM

ONLINE
COURSE

MAR

26

7PM

ONLINE
COURSE

MAR

28

10AM

ONLINE
COURSE



Calendar

JOIN THE TEAM

We host free in-person support groups for parents and carers creating friendly, informal ways of meeting other parents and carers in a relaxed, safe environment. Each meeting focuses on a different topic relevant to the SEND world supported by specialist speakers. There are lots of opportunities to find out about SEND services and how to access them as well as plenty of opportunities for informal chats.

NAVIGATING THE SEND WORLD

Join us for an exciting online workshop, **Navigating the SEND World**, designed to empower you with the knowledge of what services are available to support individuals with Special Educational Needs and Disabilities (SEND). Whether you are a parent, teacher, or simply interested in learning more, this course is perfect for you!

UNDERSTANDING ADHD

Join us for an exciting online workshop to gain a deeper understanding of ADHD. Whether you're a parent, educator, or simply curious about ADHD, this workshop is for you! Our speakers will delve into the intricacies of ADHD, sharing valuable insights, tips, and strategies to navigate the challenges it presents and celebrate neurodiversity. Discover effective techniques for fostering positive relationship and promoting success in various aspects of life

THE ECHP PROCESS FROM SUBMISSION TO FINALISATION

A workshop that takes you through what to expect after submission of an Education, Health and Care Plan. 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 AND SUPPORTING EMOTIONAL REGULATION

A session on Emotional Regulation by Susan Brooks, an Educational Psychologist.

- Developing an understanding of Sensory Processing.
- Understanding arousal levels and anxiety.
- Understanding our own emotional regulation.
- Helpful strategies for supporting children.



For residents of Hertfordshire only

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APR

15

7PM

ONLINE
COURSE

APR

16

10AM

ONLINE
COURSE

APR

17

10AM

ONLINE
COURSE

APR

18

6.30PM

ONLINE
COURSE



Calendar

JOIN THE TEAM

We host free in-person support groups for parents and carers creating friendly, informal ways of meeting other parents and carers in a relaxed, safe environment. Each meeting focuses on a different topic relevant to the SEND world supported by specialist speakers. There are lots of opportunities to find out about SEND services and how to access them as well as plenty of opportunities for informal chats.

UNDERSTANDING AUTISM WORKSHOP

A workshop that looks at Autism and helps people to understand the condition.

- Characteristics of Autism
- Recognising myths & facts
- Understanding how Autism effects executive functioning & emotional regulation

ADHD IN GIRLS AND WOMEN

A workshop that looks at girls and women with ADHD. Parents understand the particular challenges which girls with these conditions face, and are able to support them.

- Understanding girls with ADHD
- Characteristics
- How to support

NAVIGATING THE SEND WORLD

Join us for an exciting online workshop, **Navigating the SEND World**, designed to empower you with the knowledge of what services are available to support individuals with Special Educational Needs and Disabilities (SEND). Whether you are a parent, teacher, or simply interested in learning more, this course is perfect for you!

NAVIGATING THE SEND WORLD

4-week online course, to gain valuable insights into the world of SEND. Join us for an exciting online course, **Navigating the SEND World**, designed to empower you with the knowledge of what services are available to support individuals with Special Educational Needs and Disabilities (SEND). Whether you are a parent, teacher, or simply interested in learning more, this course is perfect for you!



For residents of Hertfordshire only

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.

APR

19

10AM

ONLINE
COURSE

APR

22

7PM

ONLINE
COURSE

APR

23

10AM

ONLINE
COURSE

APR

24

10AM

ONLINE
COURSE



Calendar

JOIN THE TEAM

We host free in-person support groups for parents and carers creating friendly, informal ways of meeting other parents and carers in a relaxed, safe environment. Each meeting focuses on a different topic relevant to the SEND world supported by specialist speakers. There are lots of opportunities to find out about SEND services and how to access them as well as plenty of opportunities for informal chats.

ANXIETY AND SEND

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

- Recognising signs of anxiety
- Fight, Flight, Freeze
- Strategies for managing anxiety

EHCP ANNUAL REVIEW WORKSHOP

We go through the timeline and what the legal process for an annual review is. We look at the process in Hertfordshire and what the school, the LA, and what you can do to ensure a good solid annual review of an EHCP. Although based on the Hertfordshire process it looks at the legal process so would be relevant for all areas of England.

NEURODIVERSITY IN GIRLS AND WOMEN

A 4-week course, where we explore how Autism and ADHD present differently in females. Join us for an engaging and insightful online course focused on understanding neurodiversity in girls and women with ADHD and Autism. This 4-week course will delve into the unique challenges and strengths of neurodiverse individuals, providing valuable knowledge and strategies for support.

UNDERSTANDING BEHAVIOUR AS COMMUNICATION: A THERAPEUTIC APPROACH

A workshop that looks at what lies beneath the behaviours and introduces possible strategies to use to help de-escalate situations. 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.



For residents of Hertfordshire only



Calendar

JOIN THE TEAM

We host free in-person support groups for parents and carers creating friendly, informal ways of meeting other parents and carers in a relaxed, safe environment. Each meeting focuses on a different topic relevant to the SEND world supported by specialist speakers. There are lots of opportunities to find out about SEND services and how to access them as well as plenty of opportunities for informal chats.

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.

APR

24

10AM

ONLINE
COURSE

APR

26

10AM

ONLINE
COURSE

APR

29

6.30PM

ONLINE
COURSE

MAY

01

10AM

ONLINE
COURSE

UNDERSTANDING BEHAVIOUR AS COMMUNICATION: A THERAPEUTIC APPROACH

A workshop that looks at what lies beneath the behaviours and introduces possible strategies to use to help de-escalate situations. 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.

UNDERSTANDING DUAL DIAGNOSIS: AUTISM AND ADHD

A workshop that explores a dual diagnosis of both ADHD and Autism, to help to understand the conditions.

- Characteristics of Autism and ADHD
- Recognising myths & facts
- Understanding how Autism and ADHD effects executive functioning & emotional regulation

AUTISTIC GIRLS

A workshop to help parent/carers understand more about autistic girls and leave equipped with strategies & approaches to help support them.

This online workshop is designed to help parent/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.

PUBERTY AND NEURODIVERSITY

A workshop on Puberty in Neurodiverse children for Parents of children with Special Educational Needs. Exploring the issues faced by children and teenagers with a learning disability and/or autism, when they are going through puberty, and the impact this can have on their family and wider circle



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only



MAY

02

10AM

ONLINE
COURSE

MAY

03

10AM

ONLINE
COURSE

MAY

06

7PM

ONLINE
COURSE

MAY

07

6.30PM

ONLINE
COURSE



Calendar

JOIN THE TEAM

We host free in-person support groups for parents and carers creating friendly, informal ways of meeting other parents and carers in a relaxed, safe environment. Each meeting focuses on a different topic relevant to the SEND world supported by specialist speakers. There are lots of opportunities to find out about SEND services and how to access them as well as plenty of opportunities for informal chats.

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.

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 will feel more confident and able to navigate the complexities of the SEND world, so they can access ongoing support they need for their family

PDA, ODD AND 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.

- Characteristics of PDA, ODD and ADHD
- Differences
- Strategies

PARENTING ADHD SKILLS

A 3 session course which covers understanding ADHD and gives some strategies and ideas about the best way to parent those with the condition. Each session is 2 hours long and occurs on the same day and time each week. There is one session per week, delivered on a Tuesday, so the course will be delivered in 3 sessions over 3 weeks. It is advised that you attend all sessions to gain maximum benefit.

ACCESS ARRANGEMENTS WORKSHOP

Discover practical tips and strategies for creating inclusive environments for SEND pupils. This online event is designed to help you understand and navigate through various access arrangements for different scenarios. Whether you're a student, educator, or someone interested in accessibility, this workshop is for you!



Autism | ADHD
Neurodiverse Conditions

For residents of Hertfordshire only



MAY

09

10AM

ONLINE
COURSE

MAY

10

10AM

ONLINE
COURSE

MAY

10

10AM

ONLINE
COURSE

MAY

13

10AM

ONLINE
COURSE



Calendar

JOIN THE TEAM

We host free in-person support groups for parents and carers creating friendly, informal ways of meeting other parents and carers in a relaxed, safe environment. Each meeting focuses on a different topic relevant to the SEND world supported by specialist speakers. There are lots of opportunities to find out about SEND services and how to access them as well as plenty of opportunities for informal chats.

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UNDERSTANDING AND SUPPORTING EXECUTIVE FUNCTIONING DIFFICULTIES

By Susan Brooks, an Educational Psychologist.

- Understanding what Executive Functioning is.
- Understanding how difficulties with Executive Functioning affect access to the curriculum.
- Considering the range of learners who may have difficulties with executive functioning.
- What can we do to help?

SLEEP WORKSHOP

Course explores the interface of neurodiversity and sleep before exploring practical strategies to support better sleep. To support parents and carers to make positive changes to their child's sleep patterns, which will enable the whole family to benefit from more sleep. This will have a very positive effect on the health and wellbeing of all family members.

SLEEP WORKSHOP

Join us for a workshop exploring the interface of neurodiversity and sleep before exploring practical strategies to support better sleep.

To support parents and carers to make positive changes to their child's sleep patterns, which will enable the whole family to benefit from more sleep. This will have a very positive effect on the health and wellbeing of all family members.

UNDERSTANDING SPECIFIC LITERACY DIFFICULTIES INCLUDING DYSLEXIA

By Susan Brooks, an Educational Psychologist

- Gain further information about specific literacy difficulties including dyslexia.
- To have more information about the profile of strengths and areas where support is likely to be needed.
- Take away some strategies to support Children and Young People.



For residents of Hertfordshire only

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.

MAY

14

6.30PM

ONLINE
COURSE

MAY

15

10AM

ONLINE
COURSE

MAY

16

10AM

ONLINE
COURSE

MAY

17

10AM

ONLINE
COURSE



Calendar

JOIN THE TEAM

We host free in-person support groups for parents and carers creating friendly, informal ways of meeting other parents and carers in a relaxed, safe environment. Each meeting focuses on a different topic relevant to the SEND world supported by specialist speakers. There are lots of opportunities to find out about SEND services and how to access them as well as plenty of opportunities for informal chats.

ANGER AND CONFLICT

Parents are able to understand and better manage children and young people who present as angry.

Workshop Content:

- What is anger?
- Anger management
- The Assault Cycle - antecedents, behaviour, consequences
- Strategies for managing anger & conflict

EHCP NEW APPLICATION WORKSHOP

A workshop that takes you through step by step how to apply for an EHCP. We go through the timeline and what the legal process for application is. We then look in detail at the Hertfordshire EHCP Application form and how to complete it.

SENSORY SIGNS, SIGNALS AND SOLUTIONS

Join us for the **Sensory Signs, Signals and Solutions Workshop!** This online event is designed to help individuals understand and navigate the complex world of sensory experiences. Whether you are a parent, educator, or simply interested in learning more, this workshop is for you. During this workshop, we will explore various sensory signs and signals that neurodivergent individuals may experience, and discuss practical solutions to address them.

NO TWO BRAINS ARE THE SAME WHAT IS NEURODIVERSITY?

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

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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.

MAY

21

10AM

ONLINE
COURSE

MAY

22

10AM

ONLINE
COURSE

MAY

23

6.30M

ONLINE
COURSE

We host free in-person support groups for parents and carers creating friendly, informal ways of meeting other parents and carers in a relaxed, safe environment. Each meeting focuses on a different topic relevant to the SEND world supported by specialist speakers. There are lots of opportunities to find out about SEND services and how to access them as well as plenty of opportunities for informal chats.

UNDERSTANDING ADHD

Join us for an exciting online workshop to gain a deeper understanding of ADHD. Whether you're a parent, educator, or simply curious about ADHD, this workshop is for you! Our speakers will delve into the intricacies of ADHD, sharing valuable insights, tips, and strategies to navigate the challenges it presents and celebrate neurodiversity. Discover effective techniques for fostering positive relationship and promoting success in various aspects of life

TOURETTE'S WORKSHOP

A session with Sophia Christophi, on the subject of Tourettes syndrome.

Do you know the difference between an autistic stim and a Tourette's tic?

Sophia talks about developing Tourette's in her teens and the impact this had on her.

UNDERSTANDING AND SUPPORTING EMOTIONAL REGULATION

A session on Emotional Regulation by Susan Brooks, an Educational Psychologist.

- Developing an understanding of Sensory Processing.
- Understanding arousal levels and anxiety.
- Understanding our own emotional regulation.
- Helpful strategies for supporting children.

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

ADD-vance



APR

16

10AM

ONLINE
COURSE

APR

17

7PM

ONLINE
COURSE

JUNE

04

10AM

ONLINE
COURSE

JUNE

05

7PM

ONLINE
COURSE



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

UNDERSTANDING ADHD & AUTISM (TEEN YEARS)

This interactive course is designed for dads/male carers of children aged 12-15yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

ALL SESSIONS MUST BE ATTENDED

UNDERSTANDING ADHD & AUTISM FOR DADS

This interactive course is designed for dads/male carers of children aged 5-14yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

ALL SESSIONS MUST BE ATTENDED

UNDERSTANDING ADHD & AUTISM IN GIRLS

This interactive course is designed for parents & carers of girls aged 5-11yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 and already in reception)

ALL SESSIONS MUST BE ATTENDED

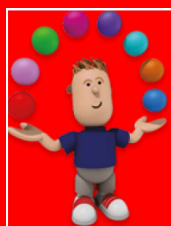
UNDERSTANDING ADHD & AUTISM FOR DADS

This interactive course is designed for dads/male carers of children aged 5-14yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

ALL SESSIONS MUST BE ATTENDED

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

ADD-vance



JUNE

06

7PM

**ONLINE
COURSE**

ADD-vance



MAR

26

7.30PM

**ONLINE
COURSE**



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

UNDERSTANDING ADHD & AUTISM IN PRIMARY YEARS

This interactive course is designed for parents & carers of children aged 5-11yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 and already in reception)

ALL SESSIONS MUST BE ATTENDED

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/>

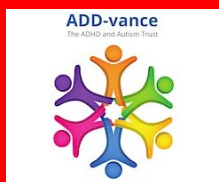
Tel: 01727 833963 Email: herts@add-vance.org

PARENTS/CARERS OF 16-24 YRS SUPPORT GROUP

A FREE ONLINE support group for parents/carers of children aged 16-24 yrs with a diagnosis (or suspected diagnosis) of ADHD and/or Autism.

This session will be delivered via Zoom with a maximum of 10 participants and facilitated by two ADD-vance Specialist ADHD/ Autism Coaches.

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



Calendar

JOIN THE TEAM

FREE ONLINE SPRING2023 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/>

APR

VARIOUS
DATES

AM/PM

VARIOUS
TIMES

- 15 APR IDENTIFYING ADHD/AND OR AUTISM
- 17 APR UNDERSTANDING AUTISM
- 22 APR MANAGING THE TRANSITION TO PRIMARY SCHOOL
- 24 APR MANAGING THE TRANSITION TO SECONDARY SCHOOL
- 29 APR UNDERSTANDING ADHD

MAY

VARIOUS
DATES

AM/PM

VARIOUS
TIMES

- 01 MAY UNDERSTANDING AUTISM IN GIRLS
- 07 MAY UNDERSTANDING ADHD IN GIRLS
- 08 MAY UNDERSTANDING CHALLENGING BEHAVIOUR
- 09 MAY TIPS & TOOLS TO MANAGE ANGER
- 13 MAY UNDERSTANDING SENSORY DIFFERENCES
- 15 MAY TIPS & TOOLS TO MANAGE SENSORY DIFFERENCES
- 16 MAY TIPS & TOOLS TO SUPPORT LEARNING (EXECUTIVE FUNCTION)
- 20 MAY TIPS & TOOLS TO BUILD SELF-ESTEEM
- 22 MAY UNDERSTANDING PDA

☎ 01727 833963

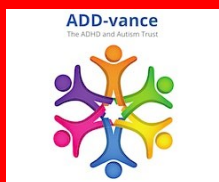
✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

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JUN

AM/PM

VARIOUS
DATES

VARIOUS
TIMES

- 04 JUN UNDERSTANDING ADHD AND AUTISM IN THE EARLY YEARS
- 05 JUN TIPS & TOOLS TO SUPPORT SOCIAL SKILLS
- 11 JUN TIPS & TOOLS TO MANAGE EATING DIFFICULTIES
- 12 JUN TIPS & TOOLS TO SUPPORT EMOTIONAL DEVELOPMENT
- 17 JUN TIPS & TOOLS TO SUPPORT COMMUNICATION
- 19 JUN TIPS & TOOLS TO MANAGE EVERYDAY CHANGES (TRANSITIONS)
- 24 JUN UNDERSTANDING MEDICATION OPTIONS
- 26 JUN UNDERSTANDING ANXIETY
- 27 JUN TIPS & TOOLS TO MANAGE ANXIETY

JULY

AM/PM

VARIOUS
DATES

VARIOUS
TIMES

- 01 JULY UNDERSTANDING NEURODIVERGENT TEENS
- 03 JULY TIPS & TOOLS TO MANAGE SELF-HARM
- 08 JULY TIPS & TOOLS TO ENCOURAGE POSITIVE BEHAVIOUR
- 10 JULY SUPPORTING SIBLINGS

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✉ herts@add-vance.org

🌐 <http://www.add-vance.org/>

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