

ADD-vance Managing Anxiety for Parent/Carers



Do you have a child with Autism or ADHD, struggling with anxiety?
This workshop is aimed at parent/carers of children aged 5 - 16 years of age, with a diagnosis of Autism and/or ADHD and those awaiting diagnosis. This workshop is not relevant to anyone having attended ADD-vance Managing Anxiety training for parent/carers previously.

**9.30am-12.00pm
Friday 1st December 2017**

**Hertfordshire Sports Village
Hertfordshire University
De Havilland Campus
Hatfield Business Park
Hatfield
AL10 9EU**

Tickets cost £25.00 per person. To book please follow this link to Eventbrite: <https://www.eventbrite.co.uk/e/managing-anxiety-for-parentcarers-tickets-38039749916>

If you have any queries, please email
Andrea at tickets@add-vance.org

Places are limited – please book early to avoid disappointment!
Ticket price includes light refreshments, workshop learning pack, free parking and free use of the Herts Sports Village gym and swimming pool facilities on the day.

The ADD-vance ADHD and Autism Trust, Foundation House, 2-4 Forum Place, Fiddlebridge Lane, Hatfield, Hertfordshire, AL10 0RN Registered Charity No: 1158968 (Tel: 01727 833963).

www.add-vance.org

ADD-vance Managing Anxiety for Parent/Carers

Who is this workshop for?

Parent/carers of children/young people aged 5 – 16 with a diagnosis or suspected diagnosis of Autism and/or ADHD, struggling with anxiety.

What are the Learning outcomes?

- Have a better understanding of why children and young people with Autism and ADHD are more likely to experience anxiety and distressed behaviour
- Learn, share and develop strategies for dealing with and preventing and managing anxiety in children and young people with Autism/ADHD
- Identify a low arousal approach for support through stressful situations

What methods will be used at the workshop?

Presentation, video clips and small group work.

What will be provided?

- Light refreshments
- Workshop learning pack
- Free use of the gym facilities at Hertfordshire Sports Village on the day of the workshop.
- Free swim at Hertfordshire Sports village on the day of the workshop.
- Free parking

When and where will the workshops take place?

Members Lounge, Hertfordshire Sports Village, Hertfordshire University, De Havilland Campus, Hatfield Business Park, Hatfield, AL10 9EU

How do I book a place?

Please book via: <https://www.eventbrite.co.uk/e/managing-anxiety-for-parentcarers-tickets-38039749916>

Your place will be confirmed via email. You will then receive a parking permit 7 days prior to the event.

Cancellation Policy

Costs will not usually be refunded unless the place can be filled by someone from the waiting list.