



# ADD-vance

The ADHD and Autism Trust

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## NEW FREE ONLINE WORKSHOPS FOR PARENTS/CARERS 2020-2021

We are delighted to announce three series of NEW ONLINE WORKSHOPS for parents/carers running from October 2020 to March 2021 funded by Hertfordshire County Council.

These interactive workshops will be delivered via Zoom and can easily 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. Bookings are now open for October dates. Bookings for November dates will open on Saturday 24<sup>th</sup> October.

THE SEND JOURNEY WORKSHOPS	First Available Date	Time
Identifying ADHD and/or Autism in your child	Tues 6th Oct	10.00-11.30
Caring for your child with ADHD and/or Autism	Wed 6th Jan	10.00-11.30
Working in partnership with school to support your child with ADHD and/or Autism	Wed 4th Nov	10.00-11.30
Applying for an ECHP for your child with ADHD and/or Autism	Thurs 5th Nov	10.00-11.30
Preparing for an EHCP Annual Review for your child with ADHD and/or Autism	Wed 2nd Dec	10.00-11.30
Supporting Siblings living with ADHD and/or Autism	Wed 14th Oct	13.00-14.30
Support for Dads living with ADHD and/or Autism	Thurs 5th Nov	19.00-20.30
Managing the transition to Primary School for your child with ADHD and/or Autism	Thurs 3rd Dec	10.00-11.30
Managing the transition to Secondary School for your child with ADHD and/or Autism	Thurs 3rd Dec	13.00-14.30
Preparing for Young People with ADHD and/or Autism for Adulthood (14+)	Wed 11th Nov	10.00-11.30
Preparing for Young People with ADHD and/or Autism for Adulthood (16+)	Wed 18th Nov	19.00-20.30
Preparing for Young People with ADHD and/or Autism for Adulthood (18+)	Thurs 26th Nov	19.00-20.30

'I feel so much better prepared for what lies ahead'

'I finally understand my child!'

PSYCHO-EDUCATION WORKSHOPS	First Available Date	Time
Understanding ADHD	Fri 8th Jan	10.00-11.30
Understanding Autism	Wed 7th Oct	10.00-11.30
Understanding Pathological Demand Avoidance (PDA)	Wed 13th Jan	10.00-11.30
Understanding Sensory Differences	Thurs 8th Oct	10.00-11.30
Understanding ADHD in Girls	Thurs 15th Oct	10.00-11.30
Understanding Autism in Girls	Tues 13th Oct	10.00-11.30
Understanding Challenging Behaviour	Tues 20th Oct	10.00-11.30
Understanding Anxiety	Thurs 22nd Oct	10.00-11.30
Understanding Teens with ADHD/Autism	Thurs 15th Oct	19.00-20.30

SKILL-BUILDING WORKSHOPS	First Available Date	Time
Tips and tools to build your child's self-esteem	Thurs 12th Nov	10.00-11.30
Tips and tools to help your child manage sensory differences	Wed 18th Nov	10.00-11.30
Tips and tools to support communication with your child	Wed 18th Nov	13.00-14.30
Tips and tools to teach your child about emotions and self-regulation	Thurs 19th Nov	10.00-11.30
Tips and tools to help your child deal with change (transition)	Fri 20th Nov	10.00-11.30
Tips and tools to support your child's learning	Wed 25th Nov	10.00-11.30
Tips and tools to teach your child social skills	Wed 25th Nov	13.00-14.30
Tips and tools for managing anxiety	Thurs 12th Nov	19.00-20.30
Tips and tools for managing anger	Thurs 26th Nov	10.00-11.30
Tips and tools for positive behaviour	Fri 27th Nov	10.00-11.30
Tips and tools for toileting	Thurs 3rd Dec	19.00-20.30
Tips and tools for sleep	Fri 4th Dec	10.00-11.30
Tips and tools for supporting your child through puberty	Wed 9th Dec	10.00-11.30
Tips and tools for managing self-harm	Fri 13th Nov	10.00-11.30

'I have some great new ideas to try at home'