

A free evening course  
for parent/carers of  
pre-teens and teens

Facilitated by specialist  
ADHD/Autism Trainers  
from ADD-vance



## Understanding Teens with ADHD and Autism

This 6-week course is designed to meet the needs of parent/carers with children at secondary school with a diagnosis or suspected diagnosis of ADHD and/or Autism

**Mondays 7.30 pm - 9.30 pm**  
on

**27th January, 3rd, 10th, 24th February**  
**2nd, 9th March 2020**

**(all sessions must be attended)**

at

**Hitchin Quaker Meeting House, 1 Paynes Park**  
**Hitchin SG5 1EH**

For bookings, please book via Eventbrite:

<https://add-vance-understanding-teens-hitchin-spring-2020.eventbrite.co.uk>

Places are limited so please do book early to avoid disappointment

This course is open to residents of Hertfordshire only

### **ADD-vance**

The ADD-vance ADHD and Autism Trust

Working to support people with ADHD and Autism in Hertfordshire

Foundation House, 2-4 Forum Place, Hatfield, Herts AL10 0RN

Helpdesk: 01727 833963 Email: [Herts@add-vance.org](mailto:Herts@add-vance.org)

Web: [www.add-vance.org](http://www.add-vance.org) Reg. Charity No. 1158968



## **Who is this course for?**

Parent/carers of pre-teens and teens aged 11– 15 at secondary school with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed.

## **Every course is bespoke to the needs of each group. Learning Outcomes may include:**

- Understanding of neurological and physical changes for all teens and how these are magnified for Autism/ADHD
- Tips and strategies for managing issues around hygiene, need for privacy, body changes etc.
- Psycho education on Autism and ADHD and how it feels to be different and coming to terms with diagnosis
- Supporting parent/carers to develop strategies and tools to teach, foster and build positive relationships for their young people
- Understanding the importance of empathy, listening, side by side communication, problem solving and negotiation
- The importance of giving responsibility
- The dos and don'ts of rules and boundaries
- Understanding anxiety and developing strategies to manage and regulate emotions
- Spotting the signs of secondary mental health disorders such as: anxiety, depression and eating disorders
- Understanding the importance of good self-esteem for both parents and young people and how to develop healthy self-esteem
- Understanding how to safely manage growing levels of independence
- Understanding and managing risk taking behaviours
- Developing strategies to support problem solving
- The importance of building a positive, collaborative relationship with school and how to advocate for your child

## **When and where will the course take place?**

Hitchin Quaker Meeting House, 1 Paynes Park, Hitchin, Hertfordshire SG5 1EH

On Mondays from 27th January 2020 to 9th March 2020, 7.30 pm to 9.30 pm

## **How do I book a place?**

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