



# ADD-vance

The ADD-vance ADHD and Autism Trust

Passionate about Understanding, Embracing and Celebrating Neurodiversity

## FREE ONLINE Introductory 6-Week Courses for Parents/Carers

### Understanding ADHD and Autism

This interactive course is designed for parent/carers of children aged 5 to 14 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 and already in reception). The Early Years course is for parents/carers of children aged 2 – 5 yrs.

Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding ADHD, Autism and related conditions
- Building your child's self-esteem
- Understanding anxiety and anger triggers
- Reducing meltdowns and other behaviours which challenge
- Developing positive behaviour strategies
- Working collaboratively with school
- Knowing your rights and how to advocate for your child
- Reducing your own stress levels
- Managing the needs of siblings
- Improving communication as a family
- Connecting with other families and sharing experiences
- Signposting to useful resources and local support networks.

Courses will be delivered online via Zoom with a maximum of 14 participants. They will run as a series of 2-hour sessions over six weeks. The sessions are designed to be interactive and participants will be expected to attend every session with video/audio. Earphones are recommended if you have children in the same room with you. **The sessions will not be recorded so attendance at all 6 sessions is essential.**

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

Tuesdays	19 <sup>th</sup> April to 24 <sup>th</sup> May	9.30 – 11.30 am	Early Years Course
Wednesdays	20 <sup>th</sup> April to 25 <sup>th</sup> May	7 – 9 pm	
Fridays	22 <sup>nd</sup> April to 27 <sup>th</sup> May	10 am – 12 pm	
Wednesdays*	8 <sup>th</sup> June to 13 <sup>th</sup> July	10 am – 12 pm	
Wednesdays*	8 <sup>th</sup> June to 13 <sup>th</sup> July	7 – 9 pm	Dads/male carers only

\*Bookings open on 14<sup>th</sup> May at 8 am

For more information and to book your FREE place please visit our course page on [eventbrite](https://www.eventbrite.com).

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





# ADD-vance

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## FREE ONLINE 6-Week Courses for Parents/Carers of Teens

### Understanding Teens with ADHD and Autism

This interactive course is designed for parents/carers of children aged 12 to 15 yrs 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 include:

- Understanding the challenges faced by teens living with ADHD and/or Autism
- Helping your teen to understand themselves better and develop their identity
- Exploring your parenting style and how this may impact your teen
- Considering the importance of communication and empathy
- Using positive behaviour strategies which work for teens
- Supporting your teen to develop healthy relationships with others
- Understanding why your teen is more likely to feel anxious or angry
- Developing strategies to help them manage and regulate emotions
- Spotting the signs of secondary mental health disorders
- Understanding how to manage growing levels of independence safely
- Building a positive, collaborative relationship with school
- Planning for the future
- Signposting to useful resources and local support networks.

This course will be delivered face to face in East Herts with a maximum of 14 participants. It will run as a series of 2-hour sessions over six weeks.

One course will be running on the following dates:

Wednesdays	8 <sup>th</sup> June to 13 <sup>th</sup> July	10 am – 12 pm	East Herts venue tbc
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\*Bookings open on 14<sup>th</sup> May 2022 at 8 am.

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