



ADD-vance

The ADHD and Autism Trust

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FREE ONLINE SUMMER 2022 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).

Date	Time	Topic
Thursday 21 st April	10 – 11.30 am	Diagnosing ADHD and/or Autism
Monday 25 th April	10 – 11.30 am	Understanding ADHD
Monday 25 th April	7 – 8.30 pm	Tips & Tools for Sleep
Tuesday 26 th April	10 – 11.30 am	Caring for Your Child (and Yourself)
Thursday 28 th April	10 – 11.30 am	Tips & Tools to Build Self-Esteem
Tuesday 3 rd May	10 – 11.30 am	Working in Partnership with School
Wednesday 4 th May	10 – 11.30 am	Tips & Tools to Support Communication
Thursday 5 th May	7 – 8.30 pm	Understanding Autism
Monday 9 th May	10 – 11.30 am	Applying for an EHCP
Tuesday 10 th May	10 – 11.30 am	Understanding PDA
Wednesday 11 th May	10 – 11.30 am	Tips & Tools to Teach Emotional Literacy
Thursday 12 th May	7 – 8.30 pm	Tips & Tools for Toileting
Monday 16 th May	10 – 11.30 am	Preparing for an EHCP Annual Review
Wednesday 18 th May	10 – 11.30 am	Understanding ADHD in Girls
Thursday 19 th May	10 – 11.30 am	Tips & Tools to Support Learning
Monday 23 rd May	7 – 8.30 pm	Support for Dads
Wednesday 25 th May	10 – 11.30 am	Understanding Autism in Girls
Thursday 26 th May	10 – 11.30 am	Tips & Tools to Manage Everyday Change
Monday 6 th June	10 – 11.30 am	Supporting Siblings
Wednesday 8 th June	10 – 11.30 am	Understanding Challenging Behaviour
Thursday 9 th June	7 – 8.30 pm	Tips & Tools to Manage Anger
Friday 10 th June	10 – 11.30 am	Tips & Tools for Self Harm
Monday 13 th June	10 – 11.30 am	Supporting Transition into Primary School
Wednesday 15 th June	10 – 11.30 am	Understanding Sensory Differences
Thursday 16 th June	7 – 8.30 pm	Tips & Tools to Manage Sensory Differences
Monday 20 th June	10 – 11.30 am	Supporting Transition into Secondary School
Tuesday 21 st June	10 – 11.30 am	Understanding Anxiety
Wednesday 22nd June	10 – 11.30 am	Tips & Tools to Support Puberty
Thursday 23rd June	7 – 8.30 pm	Tips & Tools to Manage Anxiety
Monday 27th June	10 – 11.30 am	Tips & Tools for Positive Behaviour
Tuesday 28 th June	10 – 11.30 am	Preparing for Adulthood 14+
Thursday 30 th June	7 – 8.30 pm	Understanding Neurodiverse Teens
Monday 4 th July	10 – 11.30 am	Tips & Tools to Teach Social Skills
Tuesday 5 th July	10 – 11.30 am	Thinking About College
Thursday 7 th July	10 – 11.30 am	Thinking About University

'I feel so much better prepared for the future'

'I finally understand my child!'

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

ADD-vance will only use your data for the administration of the workshops and anonymised reporting to funders. We will not pass your personal information on to any third parties. Please note you may be contacted by our funders, Hertfordshire County Council, for feedback following the workshops.