

## **ADD-vance**

## The ADHD and Autism Trust

Website: Email: Phone: www.add-vance.org herts@add-vance.org 01727 833963

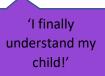


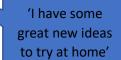
## FREE ONLINE SUMMER 2022 WORKSHOPS FOR PARENTS/CARERS

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 <a href="http://add-vance.eventbrite.com/">http://add-vance.eventbrite.com/</a> or visit our <a href="http://www.website">website</a>.

Thursday 21 <sup>st</sup> April Monday 25 <sup>th</sup> April	10 – 11.30 am 10 – 11.30 am	Diagnosing ADHD and/or Autism
Monday 25 <sup>th</sup> April	10 - 1130 am	
Wonday 25 April	10 – 11.30 am	Understanding ADHD
Monday 25 <sup>th</sup> April	7 – 8.30 pm	Tips & Tools for Sleep
Tuesday 26 <sup>th</sup> April	10 – 11.30 am	Caring for Your Child (and Yourself)
Thursday 28 <sup>th</sup> April	10 – 11.30 am	Tips & Tools to Build Self-Esteem
Tuesday 3 <sup>rd</sup> May	10 – 11.30 am	Working in Partnership with School
Wednesday 4 <sup>th</sup> May	10 – 11.30 am	Tips & Tools to Support Communication
Thursday 5 <sup>th</sup> May	7 – 8.30 pm	Understanding Autism
Monday 9 <sup>th</sup> May	10 – 11.30 am	Applying for an EHCP
Tuesday 10 <sup>th</sup> May	10 – 11.30 am	Understanding PDA
Wednesday 11 <sup>th</sup> May	10 – 11.30 am	Tips & Tools to Teach Emotional Literacy
Thursday 12 <sup>th</sup> May	7 – 8.30 pm	Tips & Tools for Toileting
Monday 16 <sup>th</sup> May	10 – 11.30 am	Preparing for an EHCP Annual Review
Wednesday 18 <sup>th</sup> May	10 – 11.30 am	Understanding ADHD in Girls
Thursday 19 <sup>th</sup> May	10 – 11.30 am	Tips & Tools to Support Learning
Monday 23 <sup>rd</sup> May	7 – 8.30 pm	Support for Dads
Wednesday 25 <sup>th</sup> May	10 – 11.30 am	Understanding Autism in Girls
Thursday 26 <sup>th</sup> May	10 – 11.30 am	Tips & Tools to Manage Everyday Change
Monday 6 <sup>th</sup> June	10 – 11.30 am	Supporting Siblings
Wednesday 8 <sup>th</sup> June	10 – 11.30 am	Understanding Challenging Behaviour
Thursday 9 <sup>th</sup> June	7 – 8.30 pm	Tips & Tools to Manage Anger
Friday 10 <sup>th</sup> June	10 – 11.30 am	Tips & Tools for Self Harm
Monday 13 <sup>th</sup> June	10 – 11.30 am	Supporting Transition into Primary School
Wednesday 15 <sup>th</sup> June	10 – 11.30 am	Understanding Sensory Differences
Thursday 16 <sup>th</sup> June	7 – 8.30 pm	Tips & Tools to Manage Sensory Differences
Monday 20 <sup>th</sup> June	10 – 11.30 am	Supporting Transition into Secondary School
Tuesday 21 <sup>st</sup> 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 <sup>th</sup> June	10 – 11.30 am	Preparing for Adulthood 14+
Thursday 30 <sup>th</sup> June	7 – 8.30 pm	Understanding Neurodiverse Teens
Monday 4 <sup>th</sup> July	10 – 11.30 am	Tips & Tools to Teach Social Skills
Tuesday 5 <sup>th</sup> July	10 – 11.30 am	Thinking About College
Thursday 7 <sup>th</sup> July	10 – 11.30 am	Thinking About University

'I feel so much better prepared for the future'





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.