

Dear Parent/Carers,

Please find below courses and support available to Dacorum Parent/Carers from local providers. Please contact the providers directly, as detailed in their flyers.

Kind Regards, DSPL 8 Team

ADD-vance Free 6 Week Courses and Support Groups for Parents/Carers in Herts

<https://www.eventbrite.co.uk/o/add-vance-14054405963>



ABOUT THE GROUPS

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity.

TIME AND PLACE

- Challenging Behaviour Support Group**
Wednesday 07/06/23 - 1-2 pm
- General Secondary Aged Children Support Group**
Tuesday 13/06/23 - 1-2 pm
- Dads and Male Carers' Support Group**
Tuesday 20/06/23 - 7.30-8.30 pm
- Parents/Carers of 16 to 24 yrs Support Group**
Tuesday 27/06/23 - 7.30-8.30 pm
- PDA Support Group**
Wednesday 05/07/23 - 1-2 pm
- General Primary Aged Children Support Group**
Tuesday 11/07/23 - 1-2 pm
- ALL ONLINE VIA ZOOM**

01727 833963

herts@add-vance.org

<http://www.add-vance.org/>

Book your FREE ticket on <http://add-vance.eventbrite.com/> or visit our website <http://www.add-vance.org/>

These groups are open to residents of Hertfordshire only

FREE ONLINE SUMMER 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time
Diagnosing ADHD and/or Autism	Parents/carers	Tue	25.4.23	10:00 - 11:30
Understanding ADHD	Parents/carers	Wed	26.4.23	19:00 - 20:30
Understanding PDA	Parents/carers	Tue	02.5.23	10:00 - 11:30
Understanding ADHD in Girls	Parents/carers	Wed	03.5.23	10:00 - 11:30
Understanding Autism	Parents/carers	Wed	10.5.23	19:00 - 20:30
Support for Dads	Parents/carers	Mon	15.5.23	19:00 - 20:30
Understanding Challenging Behaviour	Parents/carers	Tue	16.5.23	10:00 - 11:30
Tips & Tools to Manage Anger	Parents/carers	Wed	17.5.23	10:00 - 11:30
Tips & Tools to Manage Everyday Change	Parents/carers	Tue	23.5.23	10:00 - 11:30
Half Term				
Supporting Transition into Primary School	Parents/carers	Tue	06.6.23	10:00 - 11:30
Supporting Transition into Secondary School	Parents/carers	Wed	07.6.23	19:00 - 20:30
Understanding Sensory Differences	Parents/carers	Tue	13.6.23	10:00 - 11:30
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	14.6.23	10:00 - 11:30
Supporting Siblings	Parents/carers	Tue	20.6.23	10:00 - 11:30
Understanding Neurodiverse Teens	Parents/carers	Wed	21.6.23	19:00 - 20:30
Tips & Tools to Support Puberty	Parents/carers	Thu	22.6.23	10:00 - 11:30
Understanding Anxiety	Parents/carers	Tue	27.6.23	10:00 - 11:30
Tips & Tools to Manage Anxiety	Parents/carers	Wed	28.6.23	10:00 - 11:30
Communication Workshop				
Communicating with your child when talking is too much	Parents/Carers	Wed	19.4.23	10:00 - 11:30
Communicating with your child when talking is too much	Parents/Carers	Wed	14.6.23	10:00 - 11:30

"What a fantastic workshop - thank you so much! I've taken away a wealth of information"

"That was so amazing. I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"Absolutely incredible workshop, it has been extremely beneficial to my child"

HCC Funded Workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

Communication Workshop - the 2nd half of this workshop will be recorded and sent to all those that ATTEND on the day.

01727 833963 herts@add-vance.org <http://www.add-vance.org/>

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Sketchbook Journaling For Wellbeing

<https://www.communityactiondacorum.org/traininganddevelopment>



Sketchbook Journaling For Wellbeing

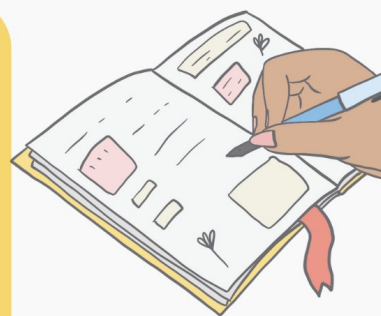
Do you wish you could draw and be more creative? Would you like to start a habit that boosts your mood and reduces stress? Why not try our NEW 6 week Course.



DAY: TUESDAYS
DATES: 27TH JUNE – 01ST AUGUST
TIMES: 10:00–12:00
VENUE: COMMUNITY ACTION DACORUM,
48 HIGH STREET, HEMEL HEMPSTEAD. HP1 3AF

You will learn to:

- Create and use a sketchbook journal for daily practice.
- Simple, quick and easy methods of capturing experiences, thoughts and memories in a handmade journal.
- Develop a variety of drawing and sketching skills that can be used independently and with increased confidence.
- Basic Drawing, lettering, composition, use of watercolour & much more!



REGISTER YOUR INTEREST NOW

For further information about this or any of our other courses please contact us.

www.communityactiondacorum.org/traininganddevelopment

Learning@communityactiondacorum.org.uk

01442 253 935



STEP SKILLS
PREPARE FOR SUCCESS IN HERTS



NESSie Free Online Workshops

Please click here to find out more and book: <https://bit.ly/35pdIYW>

Upcoming Free Online Workshops Supporting Parents/Carers of Children With:

Monday 5th
June

Anxiety

1:00pm-3:00pm

Friday 16th
June

Self-Harming Behaviours

9:30am to 11:00am

Monday 19th
June

Emotionally Based School
Avoidance

9:30am to 11:00am

Thursday 29th
June

Gender Questioning

9:30am to 11:00am



nessieined.com



SEND Drop-in sessions**Parent Support Group**

Every Wednesday

9.00am – 12

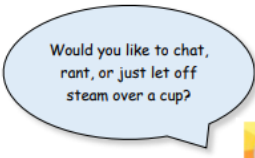
(Term time only)

@ Woodfield Coffee Shop


Malmes Croft, Leverstock Green, Hemel Hempstead, HP3 8RL

Contact: Gemma.Tuff@woodfield.herts.sch.ukOr: Lauren.Lettis@woodfield.herts.sch.uk

01442 253476



Would you like to chat,
rant, or just let off
steam over a cup?

Come and join other
parents/carers and
share stories, advice
and a few laughs!

Whether your child is at mainstream school or a special school,
Diagnosed or undiagnosed, you are welcome to come along and meet
Other parents, talk to professionals, or simply drop in for a coffee and
Meet new friends who also have a child with special educational needs.
ALL WELCOME - JUST COME ALONG

Free tea, coffee and biscuits! Fancy something a bit more special? Our
coffee shop accepts card payments or cash.

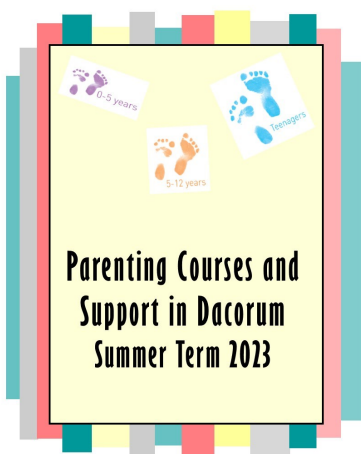
PARENT Cafe SEND**MEET OUR SEND CHAMPIONS**

These Parent Cafes provide extra help and advice around supporting children's additional needs. Meet our friendly staff in a relaxed environment for refreshments and a chat. Find out what's on offer to you at the Family Centre Service and how we can help signpost you to get further help or support. This is a drop-in session, however if you want to let us know you are coming, please give us a call. If you're not able to attend but would like some support, please get in touch.

Thursday 27th April (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX
11th May & 25th May (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX
8th June & 22nd June (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX
6th & 20th July, (09:00 - 10:00)	Cedar Tree Family Centre, Hemel Hempstead, HP2 7JX

www.hertsfamilycentres.org

0300 123 7572

Parenting Courses and Support in Dacorum Summer Term 2023

FREE courses open to parents in Dacorum

For courses from Local Providers, please view the Dacorum Parenting
Course Brochure via:

<https://dacorumspl.org.uk/wp-content/uploads/2023/03/Dacorum-Parenting-Course-Brochure-Summer-2023.pdf>

For SEND courses and support, please visit either:

<https://directory.hertfordshire.gov.uk/Search?CategoryId=70&SM=ServiceSearch&UDG=True&SME=True>

<https://www.hertfordshire.gov.uk/microsites/local-offer/courses-and-activities-in-hertfordshire/things-to-do>

Website: www.dacorumspl.org.ukEmail: dspl@kls.herts.sch.ukEventbrite: <https://dspl8.eventbrite.co.uk/>Facebook: www.facebook.com/dspldacorumInstagram: https://www.instagram.com/dspl_dacorum/