

## Free Confidential Impartial

### Parents and Carers, Coming on a Parenting course could help you to:-

- Speak and listen to your child more effectively
- Improve family relationships
- Deal with difficult behaviour more effectively
- Reward good behaviour, to boost your child's self esteem and confidence
- Set limits and boundaries, discipline and time out
- Gain support from other parents facing similar challenges.

Hertfordshire one stop parenting directory for parents:

<https://directory.hertfordshire.gov.uk>



# Parenting Courses and Support in Dacorum Autumn Term 2023



FREE courses open to parents in Dacorum

This leaflet last amended 17.07.2023 by Ashley Fabray, Support Officer,  
PoDS (Partnership of Dacorum Schools)  
Email: [fabraya@kls.herts.sch.uk](mailto:fabraya@kls.herts.sch.uk) M: 07525 917125  
If you would like to be added to the email distribution list for future issues, please contact Ashley on the details above.

# CONTENTS

- Warners End, Gadebridge, Chaulden, Hemel Central, Kings Langley & Villages
- Adeyfield, Highfield, Woodhall Farm, Grovehill, Bennetts End, Corner Hall, Leverstock Green, Berkhamsted, Tring & Villages
- Dacorum
- DSPL Dacorum

## Parenting Courses & Support

<b>Dacorum Family Services North &amp; East SEND Surgery</b>	<b>Page 8</b>
Families in Focus Handling anger of primary aged children with Autism/ADHD	Page 9
Families in Focus Handling anger in your family	Page 10-11
Supporting Links For parents of teens	Page 12
Supporting Links For parents of children with Additional Needs	Page 12
Supporting Links For Dads	Page 13
Supporting Links For parents of –12 year olds	Page 13
Supporting Links Autumn Term Workshops	Page 14
ADD-vance Support Groups	Page 16
ADD-vance Autumn Term Workshops	Page 17
ADD-vance Understanding ADHD & Autism for Dads	Page 18
ADD-vance Understanding Teens with ADHD & Autism	Page 19
ADD-vance Understanding ADHD & Autism In the Primary Years	Page 20
ADD-vance Understanding ADHD & Autism In the Early Years	Page 21
Hertfordshire SPACE Autumn Term Workshops	Page 22
Hertfordshire SPACE Community Events and Activities	Page 23
Hertfordshire SPACE SEND Family Support Service	Page 24
Hertfordshire SPACE Lending SPACE community hub	Page 25
Hertfordshire SPACE Navigating the SEND World	Page 26
Hertfordshire SPACE Neurodiversity in Girls and Women	Page 27
Dacorum Family Centre Service SEND Café	Page 28
Family Lives Bringing up Confident ADHD/ASD Children	Page 29
Family Lives Sorting out arguments in your family	Page 29
Family Lives Less shouting, more cooperation	Page 29
Family Lives Dads together	Page 29
Family Lives Anxiety around ADHD	Page 29
Family Lives Reducing Conflict	Page 29
Dacorum Family Centre Service Parenting Puzzle	Page 30
Dacorum Family Centre Service Family Toolkit	Page 31
Dacorum Family Centre Service My Life	Page 32

## One to One Advice Sessions



Gade Schools & Kings Langley School Family Support Autism Support sessions	Page 5 & 6
Gade Schools & Kings Langley School Family Support Housing Support sessions	Page 5 & 6

## Dacorum DSPL Workshops/Courses

ADD-vance Mini Consultations	Page 37
EBSA Coffee Morning	Page 38
Raise Resilience	Page 39


# Courses & Workshops

## DSPL Dacorum

# Raise Resilience

[Find out more & register](#)



Delivering Special Provision Locally

## A six-session course for parents

Help you and your children to develop the mental resilience needed to face setbacks that will inevitably come throughout life.

With your help your children can learn to look after their emotional wellbeing, feel able to navigate life effectively, and thrive.

### Course Content

- ✓ How brains work, the link between thoughts, feelings and behaviour
- ✓ The role of flexible thinking and optimism during times of uncertainty
- ✓ How children can gain more control over how they feel and behave and develop more empathy for themselves and others
- ✓ Breaking the nagging and bickering cycle and connecting with your children over the really big issues

### Course Highlights

- ✓ Six, 1-hour sessions
- ✓ Downloadable activities
- ✓ Lifetime access to recordings

### Date & Time

Starting 2nd October  
at 8PM

**Booking link:**  
<https://bounceforward.com/raise-resilience-dacorum/>

# Courses & Workshops

## DSPL Dacorum



### Emotional Based School Avoidance (EBSA) Coffee Morning for Mums, Dads & Carers

Tuesday 26<sup>th</sup> September 2023

Thursday 23<sup>rd</sup> November 2023

10.30am- 12pm

Location; Myatt Room, Hobbs Hill Wood Primary School,  
Peascroft Road, HP3 8ER

- Does your child's school avoidance affect you as a Parent/ Carer?
- Would you like a safe space to share your experiences with others?

Jo, Sahira and Kayleigh our SEND School Family Workers will be hosting an informal coffee morning for you to share experiences and support each other.



Booking Link: [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com)

Fully funded by DSPL8 for Dacorum families

## Online Parenting courses, workshops & support

In response to Covid-19 and the current government guidelines the Schools Family Services and local providers in Dacorum are now offering a mix of free online and face to face courses, workshops and support for Parent/Carers.

Please see individual flyers for more information and details on how to book.

**\*Please note\*** some courses are only available in specific areas and others are open to everyone in Dacorum. Please see the headings at the top of each page for the local areas.



Kings Langley Partnership of Schools  
Working Together to Prepare our Children for the Challenges of Tomorrow



natural flair  
Coaching and consultancy to improve personal performance



# Online Courses & Workshops

Warners End, Gadebridge, Chaulden & Hemel Central  
Kings Langley & Villages



## Student and Family Support Services Gade Schools Family Support and Kings Langley Partnership

As part of the Partnership of Dacorum Schools Gade and Kings Langley Schools Family Support are able to provide families with a range of support services.



- ❖ **Parent Support Services**—We have a team of Family Support workers who are available to work in school and with parents at home. Our support workers can work with families on any range of issues and will provide practical advice, guidance and support
- ❖ **Pupil Support Services**—Our Partnership has Pupil Support workers who are available to work with children in school to support them with their behaviour, emotional wellbeing and how to overcome difficulties they may be facing. Our workers offer support groups in school or will work with children on a one to one basis at school. If you feel your child needs support, please contact your school directly to request this support.
- ❖ **SEND Support**—Our Partnership has a specialist Family Support worker who works with families of children with SEND. We will support parents in school and with parents at home, will provide practical advice, guidance and support on all aspects of SEND. We offer SEND surgeries in our community offices and these can be booked by contacting your school and requesting support.
- ❖ **Parent Courses and Workshops** – We will regularly host a range of courses and workshops for families on a range of different themes including managing challenging behavior, managing teens, transition to secondary school, developing confidence and self-esteem and a range of other themes.
- ❖ **Parent Surgeries** – As a Service we host a range of one to one advice surgeries on Housing Advice, Debt Management Advice, Autism Support and Advice, SEND Support and Advice. Various dates are available and are published on our web site [www.gadeschoolsfamilysupport.co.uk](http://www.gadeschoolsfamilysupport.co.uk)



*Schools can refer families to our Services however families can refer directly if they would like to speak with a member of staff directly and in confidence please contact the Partnership Office on 07538 232069.*



Our Service is only able to work with Parents who have children in one of our Partnership Schools. Schools in our Partnership are:

**Kings Langley Partnership:** Kings Langley Secondary, Kings Langley Primary, Sarratt Primary, St Pauls School, Chipperfield, Bovingdon Primary Academy, Nash Mills Primary, Bedmond Village Primary

**Gade Schools Family Support:** John F Kennedy, Hemel Hempstead School, The Cavendish School, Chaulden Infants and Junior Schools, Boxmoor Primary, St Roses Infants, Micklem Primary, Galley Hill Primary, South Hill Primary, George Street School, Gade Valley School, St Cuthbert Mayne, Two Waters Primary, Pixies Hill Primary, Heath Lane Nursery, The Collett School

[www.gadeschoolsfamilysupport.co.uk](http://www.gadeschoolsfamilysupport.co.uk)  
Partnership Office: 07538 232069

# Courses & Workshops

DSPL Dacorum

Free mini consultations for  
parent/carers in Dacorum

Facilitated by ADHD/Autism  
Specialist Coaches  
from ADD-vance



## Dacorum DSPL Area 8 are pleased to offer Mini Consultations For Parent/Carers of children with Autism/ADHD

DSPL 8 will be funding ½ hour individual sessions for parents of children with ADHD and/or Autism (diagnosed or suspected).

This session will be with a trained ADD-vance coach to address one issue in your family life you would like advice or support on. The session will take place over Zoom.

You need to book a 30 minute session at Eventbrite—[www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) for one of the following date and times (bookings open monthly on Eventbrite):

Wednesday	13.09.2023	10:00 - 11:30
Tuesday	03.10.2023	10:00 - 11:30
Thursday	09.11.2023	19:00-20:30
Wednesday	06.12.2023	10:00 - 11:30

You will receive an email directly from ADD-vance, with a zoom invite link nearer the date.

More consultation sessions will be available next month.



## Courses & Workshops

### DSPL Dacorum

### DSPL Workshops and Courses For Parent/Carers

All DSPL8 parenting courses and workshops will be advertised on our Website, Eventbrite and social media pages, via the following the links:

 Website: [www.dacorumspl.org.uk](http://www.dacorumspl.org.uk)

 Facebook: [www.facebook.com/dspldacorum](https://www.facebook.com/dspldacorum)

 Instagram: [https://www.instagram.com/dspl\\_dacorum/](https://www.instagram.com/dspl_dacorum/)

 Eventbrite: <https://dspl8.eventbrite.co.uk/>

 Email: [dspl@kls.herts.sch.uk](mailto:dspl@kls.herts.sch.uk)

#### DSPL 8 Team

Carole Hassell, DSPL8 Manager

Ruth Mason, DSPL8 SEND Lead

Ashley Fabray, DSPL8 Support Officer

Dacorum

DSPL8

Delivering Special  
Provision Locally

[www.dacorumspl.org.uk](http://www.dacorumspl.org.uk)

**Delivering Special Provision Locally** is a Hertfordshire-wide initiative, working to improve the range of provision and support services available for children and young people with special educational needs and disabilities, aged 0-25.

Tel: Dacorum DSPL 07525 917125

## Online Courses & Workshops

### Warners End, Gadebridge, Chaulden & Hemel Central Kings Langley & Villages



### Parenting 1:1 Advice Sessions September - December 2023 Booking is essential

If you would like to book onto any of these sessions or to find out more information, please contact Emma Christie on 07538 232069 or email: [christie.gadesfs@kls.herts.sch.uk](mailto:christie.gadesfs@kls.herts.sch.uk)

#### Housing 1:1 Advice Sessions (via telephone)

**Date:** Tuesday 26<sup>th</sup> September 2023

**Time:** 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am and 11.00am – 11.25am

**What's it about?** Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

#### Autism Support – 1:1 Advice Sessions

**Date:** Wednesday 27<sup>th</sup> September 2023

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** The Speech, Language, Communication & Autism team will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD. This will be advice related to school/education.

**Where:** Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

#### Autism Support – 1:1 Advice Sessions

**Date:** Wednesday 18<sup>th</sup> October 2023

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** The Speech, Language, Communication & Autism team will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD. This will be advice related to school/education.

**Where:** Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

#### Housing 1:1 Advice Sessions (via telephone)

**Date:** Thursday 2<sup>nd</sup> November 2023

**Time:** 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am and 11.00am – 11.25am

**What's it about?** Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

#### Autism Support – 1:1 Advice Sessions

**Date:** Wednesday 29<sup>th</sup> November 2023

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** The Speech, Language, Communication & Autism team will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD. This will be advice related to school/education.

**Where:** Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

## Online Courses & Workshops

### Warners End, Gadebridge, Chaulden & Hemel Central Kings Langley & Villages

#### *Housing 1:1 Advice Sessions (via telephone)*

**Date:** Wednesday 13<sup>th</sup> December 2023

**Time:** 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am and 11.00am – 11.25am

**What's it about?** Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

#### **Autism Support – 1:1 Advice Sessions**

**Date:** Tuesday 19<sup>th</sup> December 2023

**Time:** 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

**What's it about?** The Speech, Language, Communication & Autism team will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD. This will be advice related to school/education.

**Where:** Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

*Gade Schools Family Support are a Foodbank collector, if you would like to make a contribution, donations would be gratefully received. Please bring any items into our office.*



## Online Courses & Workshops

### Dacorum

#### Who are we?

**HPCI** is an independent organisation run by parent carers which works to shape and improve services and provision in Hertfordshire for children and young people with SEND (special educational needs and/or disabilities) aged 0-25 years.

We do this by putting the views and lived experience of families at the heart of strategic discussions and planning with Hertfordshire services across education, social care and health.

We are the parent carer forum for Hertfordshire recognised by Hertfordshire County Council, Hertfordshire's Clinical Commissioning Groups and the Department of Education. We are part of the national network of parent carer forums [www.nnpcof.org.uk](http://www.nnpcof.org.uk)

HPCI is here to put forward the voice of all parent carers of children and young people with SEND in Hertfordshire.

#### Our voices are stronger together

Add your voice by joining HPCI – our contact details are on the other side of this leaflet.

#### What we do:

- Gather the views and experiences of parent carers.
- Train our parent carer representatives to be an effective voice to decision makers and services.
- Keep parents informed by providing them with SEND related information.
- Organise free events for parent carers.



# Online Courses & Workshops

## Dacorum



The parent carer forum for Hertfordshire  
**Our voices are stronger together**



**Listening to parent carers**



**Speaking up for families with SEND**

**Ensure your views and experience are heard**

**Join our free parent carer network online at**  
[www.hertsparentcarers.org.uk](http://www.hertsparentcarers.org.uk)  
**or phone us on 07840 360245**

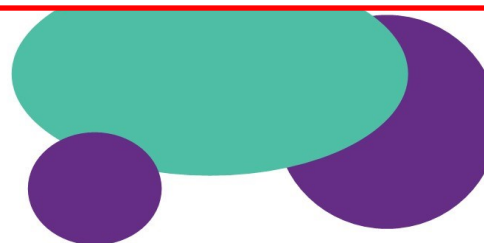
Find us on **HertsParentCarerInvolvement**

Follow us on **@HertsPCI**



# Online Courses & Workshops

**Adeyfield, Highfield, Woodhall Farm & Grovehill,  
 Bennetts End, Corner Hall, Leverstock Green  
 Berkhamsted, Tring & Villages**



### What we offer

- 1-2-1 sessions with our family workers
- Home visits
- Surgeries at your local school/virtual
- SEND Surgeries at your local school/virtual
- Subject specific online workshops
- Parenting advice and courses
- Help to access local services
- Signposting to counselling & wellbeing services
- Signposting to adult learning and development
- Positive activities for children, young people and their families
- 1-2-1 support for children and young people
- Domestic abuse support
- Family breakdown support
- Debt advice & signposting
- Specialist SEND support
- Wellbeing advice for children and young people

**Free,  
 Confidential  
 Advice and  
 Support  
 Service for Local  
 Families**

### School Family Worker

A personal and confidential service that addresses any needs or concerns raised by the family or school



### SEND School Family Worker

Specialist support for higher need SEND families



### Pupil Support Worker

Specialist support for pupils to address an identified concern highlighted by the school or family. 1-2-1 and group work specific programmes



### DFS North & East Partnership Schools

St Albert the Great, \*Adeyfield, Aldbury, Ashlyns, Astley Cooper, Aycliffe Drive, Belswains, \*Brockswood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Wood, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobbetts Manor Infant, Hobbetts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, \*Longdean, Little Gaddesden, Long Marston, Maple Grove, \*Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield, Yewtree

\*Signposting service only

**Dacorum Family Services North & East  
 Office: 01442 401222 Ext 5  
[www.dacorumfamilyservices.org.uk](http://www.dacorumfamilyservices.org.uk)  
 Term Time only**

## Online Courses & Workshops

Adeyfield, Highfield, Woodhall Farm & Grovehill,  
Bennetts End, Corner Hall, Leverstock Green  
Berkhamsted, Tring & Villages



### SEND Surgery Dates for Autumn Term 2023

Tuesday 21<sup>st</sup> Nov 2023

Dacorum Family Services North & East is offering a 30 minute session with our SEND School Family Workers to answer questions and to offer support and signposting for parents/carers of children with additional needs.

Topics for discussion:

- Strategies to help support your child at home with challenging behaviour
- EHCP queries
- Liaising with schools and other professionals
- Navigating the SEND world

To book, please go to [www.dspl8.eventbrite.com](http://www.dspl8.eventbrite.com) and choose a 30 minute session, providing details of the topic that you would like to cover.

**Dates are released termly on Eventbrite.**

Surgeries may be held either by phone or Zoom/Teams. We will be in touch once your session has been confirmed.

**Note: At present these surgeries can only be offered to parents/carers of those children/young people who attend a DFS North & East Partnership School:**

St Albert the Great, Adeyfield, Aldbury, Ashlyns, Astley Cooper, Aycliffe Drive, Belswains, Brockwood, Chambersbury, Bishop Wood, Bridgewater, Broadfield, DESC, Dundale, Flamstead, Gaddesden Row, Goldfield, Great Gaddesden, Greenway, Grove Road, Hammond, Haywood Grove, Hobbs Hill Wood, Hobletts Manor Infant, Hobletts Manor Junior, Holtsmere End Infants, Holtsmere End Junior, Jupiter, Leverstock Green, Lime Walk, Longdean, Little Gaddesden, Long Marston, Maple Grove, Markyate, Potten End, Reddings, Roman Fields, St Bartholomews, St Mary's, St Thomas More, Swing Gate, The Thomas Coram, Tring, Tudor, Victoria, Westfield, Woodfield School, Yewtree

## Online Courses & Workshops

Dacorum

CALL FREE ON **0800 328 0006**

Struggling with  
**debt?**

FREE debt counselling in your community  
from an award winning charity

[www.capdebthelp.org](http://www.capdebthelp.org)

[facebook.com/CAPuk](https://www.facebook.com/CAPuk) @CAPuk

Registered Office: 148-150, High Street, London, W1L 9EP. Registered Charity No: 107117  
Charity registered in Scotland No: SC238776. Company limited by guarantee. Registered in England and Wales No: 0555175



Every 20 minutes a property is repossessed. Debt devastates lives; it means parents struggle to feed their children, people feel suicidal, depressed and alone. CAP'S debt help service is one of the most in depth and holistic **FREE** services in the UK. We are uniquely placed to help vulnerable people, in particular low income, financially and socially disadvantaged people out of debt.

If you need help please ring our enquiries line on  
**0800 328 0006** to make an appointment.  
Or contact CAP Centre Manager in Hemel Hempstead,  
Owen Cooper on **01442 243 936** or email  
**owencooper@capuk.org**

To find out more information about Christians Against Poverty visit our  
website **www.capuk.org**



# Online Courses & Workshops

Dacorum

Parenting Support



## MY LIFE COURSE

**FREE 12 week course 18th Sep - 11th Dec 09:30 - 12:00**

The course is free when you register with the Family Centre Service.

### SESSION DETAILS

- This workshop will cover:
- Identifying abusive behaviours
- Warning signs of an abusive relationship
- Effects of living with abuse
- Coping strategies
- Why women stay
- Safety and support

Creche available

### HOW TO BOOK

Contact Family Centre for more information and venue

[hertsfamilycentres.org](http://hertsfamilycentres.org)  
Call us on 0300 123 7572



# Online Courses & Workshops

Dacorum



2023: Ranked No. 1 provider for SEND courses by HCC TPF Commissioning Team

## Handling anger of primary aged children with Autism or ADHD

Our award winning six-week course is funded by Hertfordshire County Council and FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire.

**This course for parents provides practical support to understand why children and adults react with anger and provides proven techniques to reduce angry meltdowns and increase emotional regulation for the whole family.**



**Tuesday mornings  
9.30am to 11.30am  
October 31st &  
November 1th, 14th, 21st, 28th &  
December 5th**

**Email Francine & Lesley:  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)**

## Dacorum



Tuesday evenings  
6.30pm to 8.30pm

October 31st  
&  
November 7th, 14th, 21st, 28th  
&  
December 5th



Families In Focus CIC  
LOOKING FORWARD TOGETHER



### Handling anger in your family

Facilitated by founders, Lesley and Francine, our course aims to help parents:

Our award winning six session course is funded by Hertfordshire County Council and is

FREE for parents of children aged 4 to 11 years living in Hertfordshire.

Understand more about what triggers children's anger

Gain more understanding of children's common sleep issues

Learn communication techniques to increase children's emotional regulation and decrease angry meltdowns

Meet other parents and share experiences

Learn techniques to manage stress, conflict and so much more....

Email Francine & Lesley to secure your free place:

[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or

visit our website to see all course information:

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



Thursday mornings  
9.30am to 11.30am

September  
14th 21st 28th

&  
October  
5th 12th 19th



Email Francine & Lesley to secure your free place:

[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or

visit our website to see all course information:

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



Families In Focus CIC  
LOOKING FORWARD TOGETHER



### Handling anger in your family

Our FREE 6-week evidence based course is for those parenting neurotypical children aged two to 11, living in Hertfordshire.

Facilitated by founders, Lesley and Francine, our course aims to help parents:

Gain greater understanding of how anger and other emotions live in your family

Increase your understanding of triggers that cause angry outbursts

Learn healthy anger management strategies for children & parents to reduce angry outbursts

Discover creative ways to support children to 'let go' of anger safely

Gain effective empathic communication techniques to reduce angry outbursts

Meet and share experiences with other parents

## Dacorum

### Parenting Support



## FAMILY TOOLKIT

FREE 4 week course on Zoom

Get in touch for our latest dates

### SESSION DETAILS

Do you have a child aged two to five years old? This is a great course to learn some new ideas about how to manage your child's behaviour and get the best out of family life.

### HOW TO BOOK

Ring us on 0300 123 7572

### MORE INFORMATION

[hertsfamilycentres.org](http://hertsfamilycentres.org)  
Call us on 0300 123 7572



# Online Courses & Workshops

## Dacorum

### Parenting Support



## PARENTING PUZZLE

Tuesday 19th Sept - 5th Dec 2023, 09:30 – 11:30 (not 24th Or 31st Oct)  
 Little Hands & Little Feet Family Centre, HP4 3PE  
 FREE 10 Week Course / Creche available

### SESSION DETAILS

This course will enable you to understand how emotions can influence actions and offers practical ways of guiding children so that they learn to manage their feelings and control their behaviour. **For parents/carers with children aged 3-11 years.**

### HOW TO BOOK

Speak to a team member

### MORE INFORMATION

hertsfamilycentres.org  
 Call us on 0300 123 7572



# Online Courses & Workshops

## Dacorum



"I really enjoyed the way you work together to bring the course. It presented as professional, slick, well paced, inclusive and knowledgeable."



Families In Focus CIC  
 LOOKING FORWARD TOGETHER



### Handling anger in your family

Facilitated by founders, Lesley and Francine, our course aims to help parents:

Our award winning six session course is funded by Hertfordshire County Council and is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

Understand more about what triggers children's anger

Gain more understanding of children's common sleep issues

Learn communication techniques to increase children's emotional regulation and decrease angry meltdowns

Meet other parents and share experiences

Learn techniques to manage stress, conflict and so much more...

Email Francine & Lesley to secure your free place:

[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk) or

visit our website to see course information:

[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)



### Hertfordshire's Local Offer

Information about services available in your local area for parents, children and young people aged 0-25 with special educational needs and disabilities (SEND).

[www.hertfordshire.gov.uk/localoffer](http://www.hertfordshire.gov.uk/localoffer)



### Parent & Carer Courses Autumn Term 2023



### For parents of teens

Talking Teens, a free 6 week course for parents and carers of children aged 12-19

- The Teen Brain: the physical and emotional changes taking place during the teenage years and why their behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understanding risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



**Mondays 7.45-9.15pm**

**11<sup>th</sup> Sep to 16<sup>th</sup> Oct**

**Online Course ID 603**



**Wednesdays 7.45-9.15pm**

**13<sup>th</sup> Sep to 18<sup>th</sup> Oct**

**Online Course ID 604**



**Tuesdays 7.45-9.15pm**

**31<sup>st</sup> Oct to 5<sup>th</sup> Dec**

**Online Course ID 605**



### For parents of children with Additional Needs

Talking Additional Needs & Talking Families for AN courses

A free 6 week course for parents and carers of children with any kind of additional need.



- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Understand motivation.
- Increase your child's resilience.
- Manage different needs in your family.

**Tuesdays 9.45-11.15am**

**12<sup>th</sup> Sep to 17<sup>th</sup> Oct**

**Online Course ID 597**

1-12yrs



**Wednesdays 8.00-9.30pm**

**13<sup>th</sup> Sep to 18<sup>th</sup> Oct**

**Online Course ID 595**

1-19yrs



**Tuesdays 9.30-11.30am**

**31<sup>st</sup> Oct to 5<sup>th</sup> Dec**

**FACE TO FACE Course 596**

**St Albans Fire Station**

1-19yrs



#### Booking essential

To check eligibility and book a place, please contact Supporting Links on:

**07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**Quoting the Course ID**

### Autumn Term Groups



All our programmes provide support, information and resources to parents/carers and adult family members so they can help their children reach their full potential. For more information, please contact Louise on 0204 522 8700/8701 or email [services@familylives.org.uk](mailto:services@familylives.org.uk)

#### Bringing Up Confident ADHD/ASD Children - 6 week group

**Tuesday 12 September to 17 October 7.00pm – 9.00pm Online via MS Teams**

If your child has ADHD/ASD, or you think they might, join our online 6-week group where you will receive support from other parents and gain a comprehensive understanding of ADHD/ASD and learn strategies to improve life at home and at school.

#### Less Shouting, More Cooperation - 6 week group

**Thursday 5 October to 16 November 7.00pm – 9.00pm Online via MS Teams**

Do you feel you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

#### Dads Together (face to face 6 week group)

**Tuesday 7 November to 12 December 7.30pm – 9.30pm**

**Canary Club, Fishponds Road, Hitchin SG5 1NU**

Are you a dad who feels you are constantly nagging or shouting at your child to get what you need? Are you tired of losing your cool and want a calmer house? Join our free online 6-week group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

#### Sorting out Arguments in the Family - 6 week group

**Wednesday 8 November to 13 December 9.30am – 11.30am Online via MS Teams**

Do you feel everything ends in an argument and you are constantly trying to keep the peace? Join our free online 6-week group to help improve family communication, reduce the reactions which lead to arguments and create a culture of teamwork in your family

#### Anxiety around ADHD workshop

**Tuesday 7th November 9.30am – 11.30am Online via MS Teams**

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

#### Reducing Conflict workshop

**Thursday 7th December 9.30am – 11.30am Online via MS Teams**

This workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.



# SEND CAFE



Meet our SEND Champions

Our Special Educational Needs and Disability cafes are a great opportunity to come and meet other families going through a similar journey in a relaxed environment.

Our friendly SEND Champions are on hand to talk about the services we offer, signpost to relevant charities and organisations or simply to offer a listening ear.

Whether your child is diagnosed or you are concerned about a possible need, all are welcome. At these free drop in sessions we will have toys out for the children. You can come by yourself or with a friend!

**A safe place to talk**



[www.hertsfamilycentres.org](http://www.hertsfamilycentres.org)

0300 123 7572

Please visit the What's on guide to find the next available dates:

<https://www.hertsfamilycentres.org/events/whats-on-at-family-centres-in-hertfordshire.aspx>

## For Dads

A free 6-week course for dads & male carers

- Increase confidence in your parenting.
- Improve listening and communication skills.
- Develop your dad-child relationship now and for the future.
- Develop strategies for dealing with anger and conflict.
- Learn how to enforce boundaries.
- Be the dad you want to be.



Talking Dads and Talking Families for Dads courses

**Wednesdays 7.45-9.15pm** 1-12yrs

**13<sup>th</sup> Sep to 18<sup>th</sup> Oct**

**Online Course ID 602**



**Tuesday 7.45-9.15pm** 12-19yrs

**31<sup>st</sup> Oct to 5<sup>th</sup> Dec**

**Online Course ID 606**



## For parents of 0-12-year-olds

Talking Families, 6-week course for parents and carers of children aged 0-12



**Tuesdays 8.00-9.30pm**

**12<sup>th</sup> Sep to 17<sup>th</sup> Oct**

**Online Course ID 600**



**Mondays 7.00-9.00pm**

**30<sup>th</sup> Oct to 4<sup>th</sup> Dec**

**FACE TO FACE Course 599**

The Oval Community Centre, Vardon Rd, Stevenage SG1 5RD



**Wednesdays 8.00-9.30pm**

**1<sup>st</sup> Nov to 6<sup>th</sup> Dec**

**Online Course ID 601**



**Thursdays 9.45-11.15am**

**2<sup>nd</sup> Nov to 7<sup>th</sup> Dec**

**Online Course ID 598**



**Booking essential**

To check eligibility and book a place, please contact Supporting Links on:

**07512 709556 or [bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

Quoting the Course ID

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

Information taken on booking will be used to process your booking, check your eligibility, identify any access needs and will be stored in accordance with our GDPR policy which is available on request

**FREE Courses open to parents and carers living in Hertfordshire**

These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund



### Parent & Carer Support TALKING ASD & ADHD FREE Workshops



**Autumn Term 2023**

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

#### Tech Use



- What you can do to keep your child safe online.
- Why it is so hard for them to switch off and what you can do to help.
- What you can do to support any difficulties with behaviour when your child is playing.
- The effect of using their devices as a reward or consequence.
- Managing difficult conversations with confidence.
- Teaching your child to develop their own methods of regulating device use and staying safe.

**Wednesday 15<sup>th</sup> November  
9.30 to 11.15am**

**Workshop 608  
Book via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-608-for-parentscarers-in-herts-registration-629208608887>

#### School Avoidance



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child.
- How to work with your school in your child's best interests.
- Where to access further help and support, both locally and nationally.

**Thursday 19<sup>th</sup> October  
9.30 to 11.15am**

**Workshop 607  
Book via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-607-registration-629197084417>

#### The Teenage Years

For parents and carers of children aged 11-25yrs



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.

**Wednesday 22<sup>nd</sup> November  
7.30 to 9.15pm**

**Workshop 609  
Book via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-609-registration-629219070177>

Workshops provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

**Workshops are open to parents and carers living in Hertfordshire**

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk) [www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)



## Neurodiversity in Girls and Women 4 weeks online course

Starts Thursday 7th September

**Understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them**

- Explore the general characteristics of Autism and ADHD
- Understand gender difference and how Autism and ADHD may present differently in girls
- Understand masking and camouflaging and the impact it has
- Explore approaches and strategies to help, support and celebrate autistic girls and/or those with ADHD

[spaceherts.eventbrite.co.uk](https://spaceherts.eventbrite.co.uk)



# Navigating the SEND World 4 weeks online course

Starts Tuesday 26th September

Empowering you with the knowledge of what services are available to support individuals with Special Educational Needs and Disabilities (SEND).

- Feel less isolated and more empowered to seek support.
- Increase awareness of what services are available
  - Learn the acronyms and language
  - Understand the referral systems
- Navigate the Herts SEND Local Offer across health, education and social care
- Improve understanding of the diagnosis pathway
  - Feel confident about what to do next

[spaceherts.eventbrite.co.uk](http://spaceherts.eventbrite.co.uk)



**ADD-vance**  
The ADD-vance ADHD and Autism Trust

[www.add-vance.org](http://www.add-vance.org)

ADD-vance provides specialist information, training and advice for professionals, as well as support for children, adults and families on issues relating to Autism, Attention Deficit Hyperactivity Disorder (ADHD) and related conditions.

**Information and Support** Professionals and families can reach ADD-vance for information or support via:

Telephone Helpdesk: 01727 833963

Open Monday: Friday 9am - 1pm

Answer phone service at other times.

For more information on courses running in the area, see the website for more details.

# Online Courses & Workshops

## Dacorum



# SUPPORT GROUPS

## FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS

### 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

**General Secondary Aged Children Support Group**  
Tues 19/09, 17/10 - 1-2pm

**Parents/Carers of 16 to 24 yrs Support Group**  
Tues 26/09 - 7.30-8.30 pm

**PDA Support Group**  
Tues 10/10 - 1-2 pm

**General Primary Aged Children Support Group**  
Tues 12/09 - 1-2 pm, 03/10 - 7.30-8.30 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

# Online Courses & Workshops

## Dacorum



Autism | ADHD  
Neurodiverse Conditions

### Lending SPACE Community Hub

If you live in Hertfordshire and your child has additional needs, visit us for:

- Hertfordshire's only specialist equipment Library: sensory, educational and practical resources FREE for families to borrow
- Friendly advice: help on equipment for your child's specific needs
- A listening ear: emotional and practical support
- Signposting: Knowledge and understanding of local resources, as well as community and statutory services

Stay for a drink and a chat with the SPACE team and other parent/carers. Children are welcome



Unit 19, The Maltings Business Centre, Roydon Road,  
Stanstead Abbots, SG12 8HG

**Mon, Wed and Sat - 9.30am - 12.30pm**

[lendingSPACE@spaceherts.org.uk](mailto:lendingSPACE@spaceherts.org.uk)

01920 452 270

[spaceherts.org.uk/lending-SPACE](http://spaceherts.org.uk/lending-SPACE)







# SEND FAMILY SUPPORT SERVICE

Does your child have additional needs?



Do you need a listening ear?  
Do you need practical help or emotional support?

Why don't you contact our support team?

Appointments available to book via the website below:

<https://spaceherts.org.uk/familysupport>

For more information or general enquires regarding family support please email - [support@spaceherts.org.uk](mailto:support@spaceherts.org.uk)



[support@spaceherts.org.uk](mailto:support@spaceherts.org.uk)

[www.spaceherts.org.uk](http://www.spaceherts.org.uk)

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS  
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178



## FREE ONLINE AUTUMN 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Diagnosing ADHD and/or Autism	Parents/carers	Mon	11.9.23	19:00 - 20:30	Online
Thinking about College?	Parents/carers	Wed	13.9.23	10:00 - 11:30	Online
Thinking about University?	Parents/carers	Thu	14.9.23	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Mon	18.9.23	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	20.9.23	10:00 - 11:30	Online
Applying for an EHCP	Parents/carers	Mon	25.9.23	10:00 - 11:30	Online
Understanding ADHD and Autism in the Early Years	Parents/carers	Wed	27.9.23	10:00 - 11:30	Online
Understanding Autism in Girls	Parents/carers	Mon	2.10.23	10:00 - 11:30	Online
Tips & tools to Manage Eating Difficulties	Parents/carers	Wed	4.10.23	10:00 - 11:30	Online
Tips & Tools for Toileting	Parents/carers	Thu	5.10.23	10:00 - 11:30	Online
Preparing for an EHCP Annual Review	Parents/carers	Mon	9.10.23	10:00 - 11:30	Online
Tips & Tools for Sleep	Parents/carers	Wed	11.10.23	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Mon	16.10.23	19:00 - 20:30	Online
Tips & Tools to Manage Anger	Parents/carers	Wed	18.10.23	10:00 - 11:30	Online
<b>Half Term</b>					
Working in Partnership with School	Parents/carers	Mon	30.10.23	10:00 - 11:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Wed	1.11.23	10:00 - 11:30	Online
Tips & Tools to Manage School Avoidance	Parents/carers	Thu	2.11.23	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	6.11.23	19:00 - 20:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	8.11.23	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	13.11.23	19:00 - 20:30	Online
Tips & Tools to Support Emotional Literacy	Parents/carers	Wed	15.11.23	10:00 - 11:30	Online
Tips & Tools to Build Self Esteem	Parents/carers	Mon	20.11.23	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	22.11.23	10:00 - 11:30	Online
Understanding Neurodiverse Teens	Parents/carers	Mon	27.11.23	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	29.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Thu	30.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Self Harm	Parents/carers	Mon	4.12.23	10:00 - 11:30	Online
Tips & Tools to Support Puberty	Parents/carers	Wed	6.12.23	19:00 - 20:30	Online

"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.

01727 833963

[herts@add-vance.org](mailto:herts@add-vance.org)

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

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

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

# Online Courses & Workshops

## Dacorum



# UNDERSTANDING ADHD & AUTISM FOR DADS

## FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

### ABOUT THE COURSE

These interactive courses are designed for dads /male carers of children with a diagnosis or suspected diagnosis of ADHD and/or Autism.

**ALL SESSIONS MUST BE ATTENDED**

### TIME AND PLACE

**Wednesdays** - 13th Sept to 18th Oct 2023

ONLINE VIA ZOOM - 7 pm - 9pm

Aged 5 to 14 (or 4 and already and in reception)

### COMING SOON!

**Understanding ADHD & Autism in the Early years for Dads**

**Thursdays** - 2nd Nov - 7th Dec 2023

ONLINE VIA ZOOM - 7pm - 9pm

**Understanding ADHD & Autism for Dads (Plus wider family)** - St Albans - Date & Venue TBC

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

# Online Courses & Workshops

## Dacorum



Autism | ADHD  
Neurodiverse Conditions

## Community Events and Activities for Neurodiverse Children and Young People

FIND OUT MORE AND BOOK HERE:



[spaceherts.eventbrite.co.uk](http://spaceherts.eventbrite.co.uk)

- Building confidence
- Making friends
- Developing skills
- Promoting self-esteem
- Having FUN
- Being themselves



Exclusive and Inclusive.

SPACE is also an SBLO (Short Break Local Offer) provider.  
[www.spaceherts.org.uk](http://www.spaceherts.org.uk)

# Online Courses & Workshops

## Dacorum



### AUTUMN TERM 2023 FREE ONLINE WORKSHOPS

Wednesday 6th September	10:00-12:00	Anxiety and SEND
Thursday 7th September	10:00-12:00	Anger and Conflict
Friday 8th September	10:00-12:00	Navigating the SEND World: Post 16
Monday 11th September	19:00-20:00	Understanding ADHD
Tuesday 12th September	10:00-11:30	Autistic Girls
Wednesday 13th September	10:00-12:00	No Two Brains Are The Same: Understanding Neurodiversity
Friday 15th September	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Monday 18th September	18:30-20:00	Understanding and Supporting Executive Functioning Difficulties
Tuesday 19th September	10:00-12:00	Sensory Signs, Signals and Solutions
Tuesday 19th September	19:-:21:00	ADHD in Girls and Women
Wednesday 20th September	10:00-12:00	Navigating the SEND World 0-16
Friday 22nd September	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Monday 25th September	19:00-21:00	EHCPs - New Applications
Thursday 28 September	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 29th September	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Monday 2nd October	10:00-12:00	Navigating the SEND World: Post 16
Monday 2nd October	19:00-21:00	Sleep Workshop
Wednesday 4th October	10:00-12:00	PDA, ADHD and ODD
Thursday 5th October	10:00-11:30	Tourettes
Thursday 5th October	18:30-20:00	Access Arrangements
Friday 6th October	10:00-11:00	Understanding Autism
Thursday 12th October	19:00-21:00	Navigating the SEND World 0-16
Friday 13th October	10:00-12:00	Anxiety and SEND
Monday 16th October	19:00-21:00	Sensory Signs, Signals and Solutions
Wednesday 18th October	10:00-11:30	EHCPs - Annual Reviews
Thursday 19th October	10:00-11:30	Understanding Specific Literacy Difficulties including Dyslexia
<b>HALF TERM</b>		
Monday 30th October	18:30-20:00	Tourettes
Wednesday 1st November	10:00-12:00	Navigating the SEND World: Post 16
Thursday 2nd November	10:00-12:00	Anger and Conflict
Friday 3rd November	10:00-12:00	Anxiety and SEND
Wednesday 8th November	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Friday 10th November	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Monday 13th November	18:30-20:00	Autistic Girls
Monday 20th November	19:00-20:00	Understanding Autism
Friday 24th November	10:00-11:30	Understanding and Supporting Executive Functioning Difficulties
Monday 27th November	10:00-11:00	Understanding ADHD
Monday 27th November	19:00-21:00	EHCPs - From Submission to Finalisation
Tuesday 28th November	10:00-12:00	ADHD in Girls and Women
Tuesday 28th November	18:30-20:00	Understanding Specific Literacy Difficulties including Dyslexia
Wednesday 29th November	10:00-12:00	Sensory Signs, Signals and Solutions
Friday 1st December	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Monday 4th December	10:00-12:00	Navigating the SEND World 0-16
Monday 4th December	18:30-20:00	Understanding and Supporting Emotional Regulation
Friday 8th December	10:00-12:00	PDA, ODD and ADHD
Monday 11th December	19:00-21:00	Puberty and Neurodiversity
Tuesday 12th December	19:00-21:00	Navigating the SEND World: Post 16
Wednesday 13th December	10:00-12:00	Anxiety and SEND
Friday 15th December	10:00-12:00	Sleep Workshop

[spaceherts.eventbrite.co.uk](http://spaceherts.eventbrite.co.uk)

# Online Courses & Workshops

## Dacorum



## UNDERSTANDING TEENS WITH ADHD & AUTISM

FREE INTRODUCTORY 6-WEEK COURSES  
FOR PARENT/CARERS OF TEENS

### ABOUT THE COURSE

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.

### TIME AND PLACE

**Tuesdays**  
12th Sept to 17th Oct 2023  
7 - 9 pm  
ONLINE VIA ZOOM

☎ 01727 833963

✉ [herts@add-vance.org](mailto: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 courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only

# Online Courses & Workshops

Dacorum



## ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 5 to 11 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism (or 4 & already in reception).

**ALL SESSIONS MUST  
BE ATTENDED**

## TIME AND PLACE

**Tuesdays**  
12th Sept to 17th October 2023  
10 am - 12pm  
ONLINE VIA ZOOM

### COMING SOON!

Hertsmere  
DATES TBC  
10am - 12pm

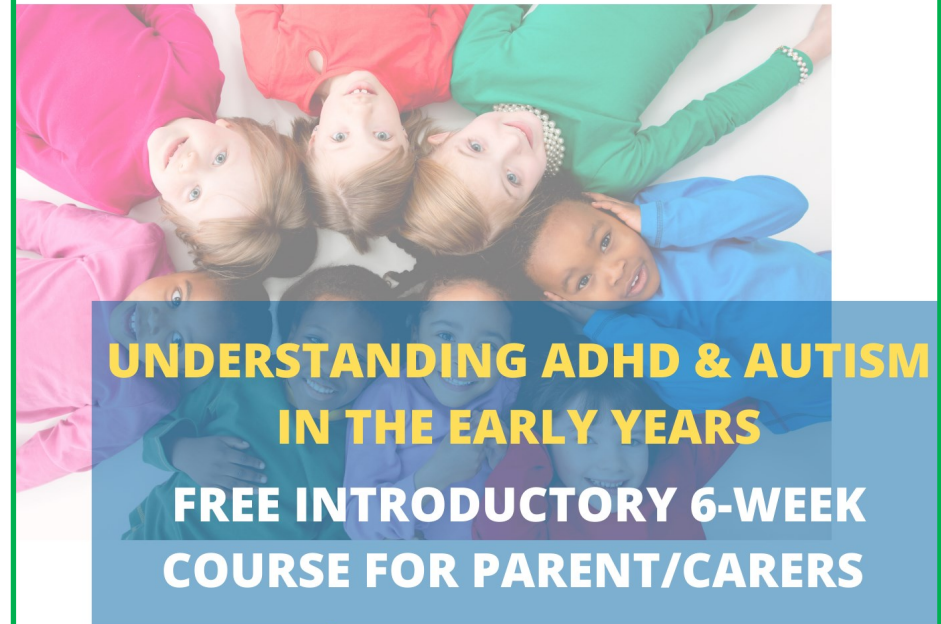
01727 833963    herts@add-vance.org    <http://www.add-vance.org/>

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

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

# Online Courses & Workshops

Dacorum



## ABOUT THE COURSE

This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

## TIME AND PLACE

**Thursdays**  
14th Sept to 19th Oct 2023  
9.30 - 11.30 am  
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 courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only