

Who we are

DSPL7 supports parents and carers, staff in early years settings, schools and further education colleges by ensuring there is a range of provision and support services within the St Albans and Harpenden area for children and young people with additional needs.

Contact Us

DSPL7

The Hub
228 Hatfield Rd
St Albans
AL14LW

Phone: 01727 519229
Email: admin@dspl7.org.uk
Web: www.dspl7.org.uk



DSPL7

The Hub
228 Hatfield Rd
St Albans
AL14LW

Parenting Support Summer term 2023



DSPL7

St Albans District, Harpenden and Villages
Redbourn, Wheathampstead and Kimpton

Summer courses

This booklet outlines the courses that are being run by external providers over the Summer term 2023 to support parents and families who have a child or children with additional needs. Please visit the relevant websites to book.

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Parent Network



Come and meet with other parents of children with Autism, ADHD, Special Education Needs & neuro-disabilities. Siobhann and Tracey are friendly, knowledgeable and supportive SEN parents and really do understand the high's and lows of raising children with neuro-developmental differences.

In person free monthly Parent Network SEND peer support with Siobhann & Tracey

Last Thursday of the month.
10am to 12pm
Sportsman Room, Birchwood Leisure Centre, Longmead, Hatfield, Hertfordshire AL10 0AN

27th April
25th May
29th June
27th July

#ForSENDPARENTSbySENDPARENTS
www.familiesinfoocus.co.uk





Parent Network

Are you a parent of children or young people with special education needs or disabilities (SEND) living in Hertfordshire and fancy meeting up online with others living in families similar to yours? Then why not pop along to 'Let's pop the kettle on' Parent Network community on Wednesday mornings between 9.30am and 11.30am, during school term time.

It's run by Sharon and Vicky, parents of young people with SEND and experienced and accredited facilitators and has been funded by the Lottery for parents just like you.

Simply join Families in Focus FB community (<https://www.facebook.com/groups/184975381651870/>) to get the zoom log in details, click on the link (It's the same every week), and hey presto you're in!



FIF ARMS

SEND CHAT AND GIGGLES
WITH SIOBHANN & TRACEY

EVERY TUESDAY

8PM TIL 10PM
REGULARS &
NEWCOMERS WELCOME

HEAD TO OUR CLOSED FACEBOOK
GROUP FOR THE ZOOM CODES
(SEARCH FAMILIES IN FOCUS CIC ON
FACEBOOK) OR EMAIL
BOOKINGS@FAMILIESINFOCUS.CO.UK

EMAIL BOOKINGS@FAMILIESINFOCUS.CO.UK

Parent & Carer Courses Summer Term 2023

TALKING FAMILIES

Our FREE 6 week course for parents and carers of children aged 0-12 will cover

- Managing challenging behaviour with consistency.
- Encouraging positive behaviour.
- Building your child's self esteem.
- Setting and maintaining boundaries.
- Responding to tantrums and difficult feelings in children.
- Developing a strong parent/child relationship now and for the future.

Thursdays 9.45 -11.15am
20th Apr– 25th May **Online Course 577**

Thursdays 8 - 9.30pm
20th Apr– 25th May **Online Course 579**

Tuesdays 8.00 - 9.30pm
6th Jun – 11th Jul **Online Course 580**

Wednesdays 9.45-11.15am
7th Jun - 12th Jul **Online Course 578**

TALKING TEENS

Our FREE 6 week course for parents and carers of children aged 12-19 will cover

- 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.

Wednesdays 7.45-9.15pm
19th Apr – 24th May **Online Course 581**

Wednesdays 7.00-9.00pm
7th Jun – 12th Jul **FACE – TO – FACE COURSE**
Welwyn Course 582
Ridgeway Academy

Pre-booking essential
To check eligibility and book a place, please contact
Supporting Links on
07512 709556
bookings@supportinglinks.co.uk
Quoting the Course ID

TALKING DADS

Dads play an important role in a child's life. This FREE course will help you be the Dad you want to be. Over 6 weekly sessions, fathers and male carers of children aged 0-19 will be supported to:



Dads,
Step-Dads,
Stay at
home Dads,
Working
Dads...

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

Tuesdays 7.45-9.15pm
18th Apr – 23rd May 
Online Course 583

Wednesdays 7.45-9.15pm
7th Jun – 12th Jul 
Online Course 584

TALKING ADDITIONAL NEEDS

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. We will help you to:



- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage different needs within your family.

Tuesdays 8.00-9.30pm
18th Apr – 23rd May 
Online Course 576

Tuesdays 9.45 – 11.15am
6th Jun – 11th Jul 
Online Course 575

Courses are open to parents and carers living in Hertfordshire

Pre-booking essential

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

07512 709556 or bookings@supportinglinks.co.uk

Quoting the Course ID

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



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



Families In Focus CIC
LOOKING FORWARD TOGETHER

Handling anger in your primary aged child with ASD or ADHD

Funded by HCC and FREE, this six session CANparent Quality Award evidence-based course is for parents living in Hertfordshire and parenting children from 2 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too, with 20+ years personal and professional experience.



This course will enable you and your family to:

- ✓ Gain understanding of Autism and ADHD and how behaviours can be affected
- ✓ Attain awareness of a child's sensory world and the affect on behaviour
- ✓ Understand 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 and 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

"I feel empowered by the tools we were shown on this course and was at a real loss as to how to help my families anger and didn't know what to do. Others judged our family but not judged at all here. Emotional intelligence makes so much more sense now and I love the gentle but firm ideas we learnt each week."



Funded by Hertfordshire
County Council

Where: Online via Zoom

When: Wednesday mornings 9.30-11.30am
April 19th, 26th
May 3rd, 10th, 17th, 24th

Only 12 free places available. Email bookings@familiesinfofocus.co.uk with name and date of course

www.familiesinfofocus.co.uk Copyright © 2021 Families in Focus CIC info@familiesinfofocus.co.uk

Where: Online via Zoom

When: Wednesday evenings 6.30-8.30pm
April 19th, 26th
May 3rd, 10th, 17th, 24th



Handling Anger in Your Family

Funded by HCC and FREE this 6 session CANparent Quality Award evidence based course is for parents living in Hertfordshire and parenting children from 5 to 11 years.

Facilitated by Lesley and Francine who are trained, qualified and experienced facilitators and parents too with 20 + years personal and professional experience.



This course will enable you and your family to:

- ✓ Gain greater understanding of anger dynamics in your family
- ✓ Understand the root causes or triggers of anger in your family
- ✓ Learn proven and effective strategies that will reduce anger in your family
- ✓ Discover new ways to communicate to calm and prevent anger... before it occurs!
- ✓ Learn safe and creative ways for children to 'let go' of pent up emotions safely
- ✓ Create a calm family environment so all can talk about their emotions safely
- ✓ Gain skills to manage your family's emotional regulation
- ✓ Meet other parents in a calm, judgement-free group

"I was in a quite low place when I joined this course but each week i took away ideas to help me understand why my child was so angry and it's amazing that things are so much more brighter now and highly recommend this to understand not only children's anger but yours too!"

Where: Online via Zoom

When: Thursday mornings 9.30-11.30am
April 20th, 27th
May 4th, 11th, 18th, 25th



Funded by Hertfordshire County Council

Only 12 free places available. Places must be booked by emailing bookings@familiesinfocus.co.uk with name and date of course

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Parent & Carer Support TALKING ASD & ADHD Workshops



Summer 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.

Monday 19th June
7.30 – 9.30pm

Workshop 587

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-587-for-parentscarers-in-herts-registration-567952730907>

SIBLING STRUGGLES



- What to do if your children are fighting or arguing
- Dealing with jealousy and unfairness
- Recognising the pressures & worries on siblings of a child with ASD/ADHD
- Helping your children develop a network of support
- Helping your children to communicate with each other without conflict
- Managing your own difficult feelings and helping your children to manage theirs
- Where to access further help and support

Monday 22nd May
9.30-11.30am

Workshop 585

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-sibling-struggles-for-parentscarers-in-herts-585-registration-565201231097>

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.

Monday 10th July
7.30-9.30pm

Workshop 586

Book via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-586-registration-568054695887>



Workshops are open to parents and carers living in Hertfordshire

info@supportinglinks.co.uk www.supportinglinks.co.uk





SUMMER TERM 2023
FREE ONLINE WORKSHOPS

Tuesday 18th April	18:30-20:00	Anger and Conflict
Wednesday 19th April	10:00-12:00	Anxiety and SEND
Thursday 20th April	10:00-11:30	Autistic Girls
Friday 21st April	10:00-12:00	Navigating the SEND World: Post 16
Monday 24th April	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Wednesday 26th April	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Friday 28th April	10:00-12:00	PDA, ODD and ADHD
Tuesday 2nd May	18:30-20:00	Understanding and Supporting Executive Functioning Difficulties
Wednesday 3rd May	10:00-11:00	Understanding Autism
Thursday 4th May	10:00-11:30	Understanding and Supporting Emotional Regulation
Friday 5th May	10:00-12:00	Sleep Workshop
Tuesday 9th May	18:30-20:00	Tourettes
Wednesday 10th May	10:00-12:00	Navigating the SEND World: 0-16
Thursday 11th May	10:00-11:30	Understanding Specific Literacy Difficulties including Dyslexia
Friday 12th May	10:00-12:00	Anxiety and SEND
Tuesday 16th May	10:00-12:00	EHCPs: New Applications
Monday 22nd May	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Monday 22nd May	19:00-21:00	ADHD in Girls and Women
Tuesday 23rd May	19:00-21:00	Sensory Signs, Signals and Solutions Workshop
Wednesday 24th May	10:00-11:00	Understanding ADHD
Friday 26th May	10:00-12:00	Navigating the SEND World: Post 16
HALF TERM		
Tuesday 6th June	19:00-21:00	Navigating the SEND World: 0-16
Wednesday 7th June	10:00-11:30	Tourettes
Thursday 8th June	10:00-11:30	Anger and Conflict
Friday 9th June	10:00-12:00	PDA, ODD and ADHD
Monday 12th June	19:00-20:30	EHCPs: Annual Reviews
Tuesday 13th June	19:00-20:00	Understanding Autism
Wednesday 14th June	10:00-12:00	Anxiety and SEND
Friday 16th June	10:00-12:00	Behaviour as Communication: A Therapeutic Approach
Tuesday 20th June	18:30-20:00	Understanding Specific Literacy Difficulties including Dyslexia
Wednesday 21st June	10:00-12:00	No Two Brains Are the Same. What is Neurodiversity?
Thursday 22nd June	10:00-12:00	ADHD in Girls and Women
Friday 23rd June	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Tuesday 27th June	19:00-21:00	Sleep Workshop
Thursday 29th June	10:00-11:30	Understanding and Supporting Executive Functioning Difficulties
Friday 30th June	10:00-12:00	Navigating the SEND World: Post 16
Monday 3rd July	18:30-20:00	Understanding and Supporting Emotional Regulation
Tuesday 4th July	19:00-20:00	Understanding ADHD
Thursday 6th July	18:30-20:00	Autistic Girls
Friday 7th July	10:00-12:00	EHCPs: From Submission to Finalisation
Monday 10th July	10:00-12:00	Navigating the SEND World: 0-16
Thursday 13th July	19:00-21:00	Puberty and Neurodiversity
Friday 14th July	10:00-12:00	Anxiety and SEND
Monday 17th July	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Wednesday 19th July	10:00-12:00	Sensory Signs, Signals and Solutions Workshop

spaceherts.eventbrite.co.uk

**A Complete Guide to Parenting Children
with ALL Special Educational Need**

This course is free for all parents living in Hertfordshire and caring for a primary aged child inclusive of those awaiting diagnosis or with a diagnosis of Special Education Needs, Autism, ADHD & associated needs.

Lesley and Francine are parents, experienced and qualified trainers too.



Topics include:

- ✓ Gain greater understanding and answer the question 'Why does my child do that?'
- ✓ Learn a range of strategies and solutions, to better manage behaviours that challenge
- ✓ Gain more understanding of anger triggers and strategies to reduce angry meltdowns
- ✓ Learn how to support siblings living with a sister/brother with additional needs / challenging behaviours
- ✓ Learn communication techniques to reduce 'emotional traffic jams' and improve your child's emotional regulation
- ✓ Learn techniques to manage stress, conflict and so much more

"I would highly recommend all parents of children with Autism go on this course - you'll be amazed how much you learn, and it's great that both Lesley and Francine are parents too, so really do understand."

Where: Online via Zoom



Funded by Hertfordshire County Council and free for parents living in Hertfordshire

When: Tuesday mornings 9.30-11.30am
April 18th, 25th
May 2nd, 9th, 16th, 23rd
June 6th, 13th, 20th, 27th

Only 12 free places available. Email bookings@familiesinfocus.co.uk with name and date of course

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Where: Online via Zoom

When: Tuesday evenings 6.30-8.30pm
April 18th, 25th
May 2nd, 9th, 16th, 23rd
June 6th, 13th, 20th, 27th

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE
Thursday evenings
starting
May 2023

A FREE course for Dads,
Step-Dads and Male
Carers



Thursday evenings Online
7.00m - 9.00pm

4, 11, 18, 25 May, 8, 15, 22, 29
June 2023



Please like us on Facebook for further updates @familiesfeelingsafe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire who need additional support.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course number O4/01

Talking Sensory: Signs, Signals and Solutions

2 Week In Person Course, Watford

Friday 23rd June and 30th May, 12:30-14:30

Talking Sensory: Signs, Signals and Solutions

2 Week Online Course

Thursdays 27th April and 4th May, 19:00-21:00



- Identify the 8 main senses and systems
- Explore differences in sensory processing
- Understand sensory behaviours, signs and signals
- Explore approaches and strategies
- Know where to go for additional help and resources



Autism | ADHD
Neurodiverse Conditions

spaceherts.eventbrite.co.uk



Autism | ADHD
Neurodiverse Conditions

Starting SPACE

2 week courses:
21st and 28th April

or

9th and 16th June

10am - 12pm, Stanstead Abbots, Nr Ware

Do you have a child aged 0-6 with additional needs?

Join us for an opportunity to meet other families in a similar situation to you and see a brief overview of how SPACE can offer guidance & support to you and your family

Open to parent/carers pre and post diagnosis

spaceherts.eventbrite.co.uk

Sleep Tight

3 week online course

Wednesdays 28 June - 12th July, 10:00-12:00

Build a toolbox of strategies to help overcome sleep issues and help everyone in the family have improved sleep

Explore common challenges with sleep - how SEND affects sleep and sleep affects SEND

Identifying and Managing Sleep Problems

Sleep hygiene, bedtime routines, positive bedtimes and sleep friendly bedrooms



spaceherts.eventbrite.co.uk

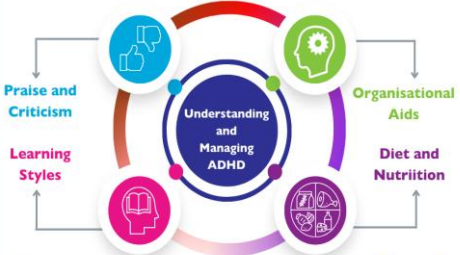



Parenting ADHD Skills

3 week online course


Tuesdays 25th April - 9th May, 10:00-12:00

Increase your knowledge of ADHD and build a toolbox of strategies to support family life.





spaceherts.eventbrite.co.uk



Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE
Monday evenings
starting
May 2023

A FREE course for Mums, Dads, Step-Parents and Carers



Online Monday evenings
7.00pm - 9.00pm

15, 22 May, 5, 12, 19, 26 June,
3 & 10 July 2023



Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire who need additional support.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeeling-safe.co.uk

Tel: 07748 332606

Please quote course number O5/E2



Please like us on Facebook for further updates @familiesfeeling-safe



Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeeling-safe.co.uk E-mail: enquiries@familiesfeeling-safe.co.uk

Families Feeling Safe

Supporting families with Protective Behaviours

ONLINE morning course starting April 2023

A FREE course for Mums, Dads, Step-Parents and Carers



Online Thursday mornings
9.30am - 11.30am

20, 27 April, 4, 11, 18, 25 May, 8 & 15 June 2023



Please like us on Facebook for further updates @familiesfeelingsafe

Families Feeling Safe Protective Behaviours Services has been funded through HCC to provide Families Feeling Safe programmes across Hertfordshire. We deliver Protective Behaviours training for professionals and provide programmes and workshops to children and their families. www.familiesfeelingsafe.co.uk E-mail: enquiries@familiesfeelingsafe.co.uk

Are you looking for some strategies and new ideas to help improve family life? This course can help you to

- Understand the links between Feelings, Thoughts and Behaviour
- Understand what may be influencing your child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on your own and your child's strengths
- Learn strategies to help you and your family feel safe and have problem-solving skills for life

Places are funded by HCC for families in Hertfordshire who need additional support.

For eligibility and to book your FREE place please:

Email: enquiries@familiesfeelingsafe.co.uk

Tel: 07748 332606

Please quote course number OS/D1



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



lendingSPACE@spaceherts.org.uk

07565 258 694

spaceherts.org.uk/lending-SPACE

Unit 19, The Maltings Business Centre, Roydon Road,
Stanstead Abbots, SG12 8HG
Mon, Wed and Sat - 9.30am - 12.30pm



SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS
REGISTERED CHARITY F619 AND WALSLEY NO. 1172178



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

support@spaceherts.org.uk



www.spaceherts.org.uk

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS

REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178



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	Audience	Day	Date	Time
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/>

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



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 Primary Aged Children Support Group
Tuesday 18/04/23 - 1-2 pm

General Secondary Aged Children Support Group
Tuesday 25/04/23 - 7.30 -8.30 pm

Parents of 16-24 yr olds Support Group
Tuesday 02/05/23 - 7.30-8.30 pm

School Anxiety Support Group
Tuesday 9/05/23 - 1-2 pm

PDA Support Group
Tuesday 16/05/23 - 1-2 pm

General Primary Aged Children Support Group
Tuesday 23/05/23 - 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

Summer Term Groups



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

Bringing Up Confident ADHD/ASD Children

6-week group, Tuesday 18 April to 23 May 2023, 7.00pm – 9.00pm 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. Our programme covers:

- ADHD/ ASD - a whole-family issue
- Understanding your child's behaviour
- Helping your child manage their feelings and outbursts.
- Balancing support of siblings
- Learning about structure and routines.
- Supporting your child at school

Sorting Out Arguments in your Family

6-week group, Thursday 18 May to 29 June 2023, , 7.00pm – 9.00pm 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. Our programme covers:

- How parents and children can be affected by conflict
- Strategies in handling and resolving conflict and anger.
- Parents role when there is sibling rivalry and jealousy, fostering cooperation rather than competition.
- Effective communication, implementing boundaries and how to negotiate

Less Shouting, More Cooperation

6-week group, Wednesday 7 June to 12 July 2023, 9.30am – 11.30am 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. Our programme covers:

- Exploring what helpful discipline is
- Recognising the triggers and responding more effectively
- Learning new parenting tools to challenge children's behaviour.
- How to negotiate and implement effective boundaries and family agreements.
- How to hold boundaries and gain co-operation

Getting on with Your Pre Teen/Teenager





6-week group, Thursday 8 June to 13 July 2023, , 7.00pm – 9.00pm via MS Teams

Is your teen feeling anxious or isolated in the wake of Covid-19? Are you concerned about their mental health and struggling to get help? Maybe you have an FFA/CIN/CP in place and need more support. Join our free online 6-week online group to learn how parents can best emotionally support their teen and feel confident and prepared for whatever challenges might arise. Our programme covers:

- Learn tools to help teenagers manage difficult emotions and become more emotionally resilient.
- How to change parenting styles to meet the developmental needs of your teenager & remain effective
- How to talk to teens so they will talk to you and build strong relationships
- How to set effective boundaries to stop problem behaviour

Family Lives is registered as a company limited by guarantee in England and Wales No. 3817762. Registered charity No.1077722. Registered address: 15-17 The Broadway, Hatfield, Hertfordshire, AL9 5HZ.



UNDERSTANDING ADHD & AUTISM




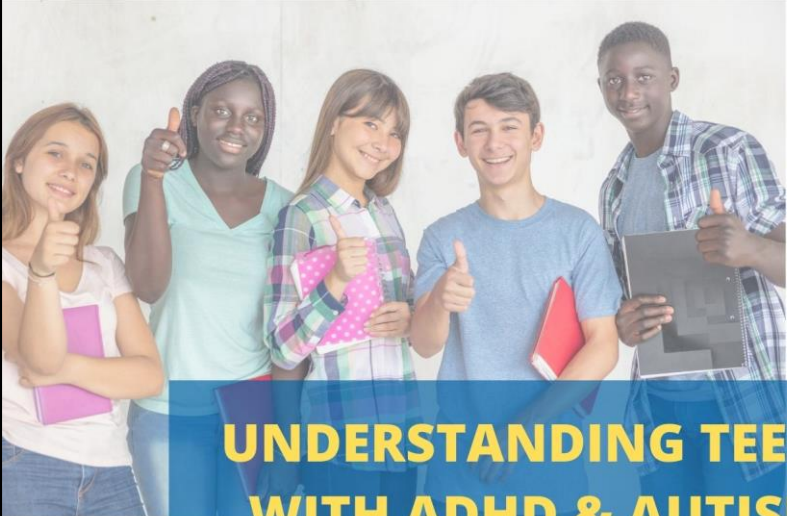
FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

<p>ABOUT THE COURSE</p> <p>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).</p> <p>ALL SESSIONS MUST BE ATTENDED</p>	<p>TIME AND PLACE</p> <p>Tuesdays 18th April to 23rd May 10 am - 12pm Walsworth Community Centre, 88 Woolgrove Road, Hitchin, SG4 0AU</p> <p>Understanding ADHD & Autism For Dads Wednesdays 19th April to 24th May 7 - 9 pm ONLINE Via Zoom</p>
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These courses are funded by Hertfordshire County Council and are open to residents of Hertfordshire only

UNDERSTANDING TEENS WITH ADHD & AUTISM

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

<p>ABOUT THE COURSE</p> <p>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.</p>	<p>TIME AND PLACE</p> <p>Tuesdays 18th April to 23rd May 2023 7 - 9 pm ONLINE VIA ZOOM</p>
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