



ADD-vance

The ADHD and Autism Trust

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FREE ONLINE SPRING 2022 WORKSHOPS FOR PARENTS/CARERS

We are again delighted to offer our full programme of workshops, funded by Hertfordshire County Council. These interactive workshops will be delivered via Zoom and can be accessed via a PC, laptop, tablet or smartphone. For more details and to book your FREE ticket, please see <http://add-vance.eventbrite.com/> or visit our [website](#).

Date	Time	Topic
Thursday 6 th January	10 – 11.30 am	Diagnosing ADHD and/or Autism
Monday 10 th January	10 – 11.30 am	Understanding ADHD
Tuesday 11 th January	10 – 11.30 am	Caring for Your Child (and Yourself)
Thursday 13 th January	10 – 11.30 am	Tips & Tools to Build Self-Esteem
Thursday 13 th January	7 – 8.30 pm	Tips & Tools for Sleep
Monday 17 th January	10 – 11.30 am	Working in Partnership with School
Wednesday 19 th January	10 – 11.30 am	Tips & Tools to Support Communication
Thursday 20 th January	7 – 8.30 pm	Understanding Autism
Monday 24 th January	10 – 11.30 am	Applying for an EHCP
Tuesday 25 th January	10 – 11.30 am	Understanding PDA
Wednesday 26 th January	10 – 11.30 am	Tips & Tools to Teach Emotional Literacy
Thursday 27 th January	7 – 8.30 pm	Tips & Tools for Toileting
Monday 31 st January	10 – 11.30 am	Preparing for an EHCP Annual Review
Wednesday 2 nd February	10 – 11.30 am	Understanding ADHD in Girls
Thursday 3 rd February	10 – 11.30 am	Tips & Tools to Support Learning
Monday 7 th February	7 – 8.30 pm	Support for Dads
Wednesday 9 th February	10 – 11.30 am	Understanding Autism in Girls
Thursday 10 th February	10 – 11.30 am	Tips & Tools to Manage Everyday Change
Monday 21 st February	10 – 11.30 am	Supporting Siblings
Wednesday 23 rd February	10 – 11.30 am	Understanding Challenging Behaviour
Thursday 24 th February	7 – 8.30 pm	Tips & Tools to Manage Anger
Friday 25 th February	10 – 11.30 am	Tips & Tools for Self Harm
Monday 28 th February	10 – 11.30 am	Supporting Transition into Primary School
Wednesday 2 nd March	10 – 11.30 am	Understanding Sensory Differences
Thursday 3 rd March	7 – 8.30 pm	Tips & Tools to Manage Sensory Differences
Monday 7 th March	10 – 11.30 am	Supporting Transition into Secondary School
Tuesday 8 th March	10 – 11.30 am	Understanding Anxiety
Wednesday 9 th March	10 – 11.30 am	Tips & Tools to Support Puberty
Thursday 10 th March	7 – 8.30 pm	Tips & Tools to Manage Anxiety
Monday 14 th March	10 – 11.30 am	Tips & Tools for Positive Behaviour
Wednesday 16 th March	10 – 11.30 am	Preparing for Adulthood 14+
Thursday 17 th March	7 – 8.30 pm	Understanding Neurodiverse Teens
Monday 21 st March	10 – 11.30 am	Tips & Tools to Teach Social Skills
Wednesday 23 rd March	10 – 11.30 am	Thinking About College
Thursday 24 th March	10 – 11.30 am	Thinking About University

'I feel so much better prepared for the future'

'I finally understand my child!'

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

ADD-vance will only use your data for the administration of the workshops and anonymised reporting to funders.

We will not pass your personal information on to any third parties.

Please note you may be contacted by our funders, Hertfordshire County Council, for feedback following the workshops.