

**A free online daytime
course for parents/carers in
East Herts District**

**Facilitated by ADHD/Autism
Specialist Trainers
from ADD-vance**



ADD-vance Understanding ADHD and Autism

**This 6-week course is designed to meet the needs of parents/carers and
to help them build on existing skills in supporting their
children with ADHD and Autism**

**Tuesdays and Thursdays
at
10 - 11 am
from
5th May to 18th June 2020**

(all sessions must be attended)

Priority will be given to parents/carers in East Herts District

**Please book via Eventbrite:
<https://add-vance-east-herts-adhd-and-autism-summer-2020.eventbrite.co.uk>**

ADD-vance

**The ADD-vance ADHD and Autism Trust
Working to support people with ADHD and Autism in Hertfordshire**

**Foundation House, 2-4 Forum Place, Hatfield, Herts AL10 0RN
Helpdesk: 01727 833963 Email: Herts@add-vance.org
Web: www.add-vance.org Reg. Charity No. 1158968**



Who is this course for?

Parents/carers of children aged 5-14 (or 4 and already in reception), with a diagnosis, or suspected diagnosis, of ADHD and/or Autism, with priority given to parents/carers in East Herts District.

What will be covered by the course?

Every course is bespoke to the needs of each group. Learning Outcomes may include:

- Understanding ADHD, Autism and related conditions
- Understanding sensory needs
- Developing emotional literacy
- Understanding and managing anxiety
- Understanding how to set boundaries and use positive behaviour strategies
- Understanding the importance of good self-esteem for both parents and young people and how to develop healthy self-esteem
- Managing the needs of siblings
- Navigating the education system and how to advocate for your child

When and where will the course take place?

On Tuesdays and Thursdays from 5th May to 18th June 2020, 10 to 11 am

(no sessions during half term week).

The course will be delivered online via Zoom with a maximum of 10 participants. It will run as a series of 12 x 1 hour sessions over 6 weeks.

The sessions can be accessed free via a PC, laptop, tablet or smartphone. Joining instructions will be provided beforehand and the first session will provide an opportunity to practice using the technology.

How do I book a place?

Please book via Eventbrite:

<https://add-vance-east-herts-adhd-and-autism-summer-2020.eventbrite.co.uk>

Priority will be given to parents/carers in East Herts District including Bishops Stortford, Sawbridgeworth, Buntingford, Watton-at-Stone, Hertford and Ware.

Places are limited, so please do book early to avoid disappointment.