

**A free online daytime  
course for parents/carers in  
Stevenage 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 to 11 am  
from  
28th April to 11th June 2020**

**(all sessions must be attended)**

**Priority will be given to parents/carers in Stevenage District**

**Please book via Eventbrite:  
<https://add-vance-stevenage-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](mailto:Herts@add-vance.org)  
Web: [www.add-vance.org](http://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 Stevenage 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 28th April to 11th 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-stevenage-adhd-and-autism-summer-2020.eventbrite.co.uk>

**Priority will be given to parents/carers in Stevenage District which includes Stevenage and surrounding villages**

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