

TALKING ASD & ADHD WORKSHOP: ANXIETY & STRESS

Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Wednesday
14th May 2025
9.30-11.15am**

We will explore:

- The difference between stress and anxiety.
- Understanding anxiety related conditions in ASD and/or ADHD.
- Spot the signs of stress or anxiety.
- Common triggers amongst neurodivergent children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.

An online parent workshop delivered to your home via Zoom.

FREE for parents and carers living or with a child in school in Hertfordshire

Booking essential via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-762-for-parentscarers-in-herts-registration-1307006775449>



**Or contact Supporting Links
QUOTING REFERENCE SL762**

01442 300185

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



"I have been on a few courses to help me with my son, this was by far the most helpful."



Funded by Hertfordshire
County Council Targeted
Parenting Fund



TALKING ASD & ADHD WORKSHOP: TECH USE

Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Wednesday
2nd July 2025
9.30-11.15am**

We will explore:

- 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.
- Teaching your child to develop their own methods of regulating device use and staying safe.

"I now understand why we have been getting into so much conflict."

"Thank you for all your advice. Tech is such a tricky issue to navigate."

An online parent workshop delivered to your home via Zoom.

FREE for parents and carers living or with a child in school in Hertfordshire

Booking essential via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-766-for-parentscarers-in-herts-registration-1307911732199?>



Or contact Supporting Links
QUOTING REFERENCE SL766

01442 300185

info@supportinglinks.co.uk



Funded by Hertfordshire
County Council Targeted
Parenting Fund



TALKING ASD & ADHD WORKSHOP: THE TEENAGE YEARS



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Wednesday
25th June 2025
7.30-9.15pm**

We will explore:

- 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 develop independence skills.

"I feel better equipped for the years ahead."

"I found the 'teenage brain' fascinating.
Lots of penny dropping moments!"

**An online parent workshop
delivered to your home via
Zoom.**

**FREE for parents and carers
living or with a child in
school in Hertfordshire**

**Booking essential
via Eventbrite:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-765-for-parentscarers-in-herts-registration-1307948441999>



**Or contact Supporting Links
QUOTING REFERENCE SL765**

01442 300185

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



Funded by Hertfordshire
County Council Targeted
Parenting Fund



TALKING ASD & ADHD WORKSHOP: RESPONDING to ANGER

Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Monday
9th June 2025
7.30-9.15pm**

We will explore:

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

“Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately.”

An online parent workshop delivered to your home via Zoom.

FREE for parents and carers living or with a child in school in Hertfordshire

Booking essential via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-764-for-parentscarers-in-herts-registration-1301137008819>



**Or contact Supporting Links
QUOTING REFERENCE SL764**

01442 300185

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



Funded by Hertfordshire
County Council's Targeted
Parenting Fund



TALKING ASD & ADHD WORKSHOP:

COPING with CHANGE



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Wednesday
21st May 2025
7.30 - 9.15pm**

We will explore:

- How children feel about and react to change.
- How to prepare children for big changes such as starting a new school or new class.
- Helping children cope with small day to day changes from walking a different route, to sitting on a different seat.
- Why neurodivergent children find changes so unsettling.
- Responding to children when they are struggling

"Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately."

**An online parent workshop
delivered to your home via
Zoom.**

**FREE for parents and carers
living or with a child in
school in Hertfordshire**

Booking essential via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-763-for-parentscarers-in-herts-registration-1308622327609?>



**Or contact Supporting Links
QUOTING REFERENCE SL763**

01442 300185

info@supportinglinks.co.uk



Funded by Hertfordshire
County Council Targeted
Parenting Fund



Parent & Carer Support TALKING ASD & ADHD Workshops Summer 2025



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← Eventbrite Page

ANXIETY & STRESS



- The difference between stress and anxiety.
- Understanding anxiety conditions in ASD/ADHD.
- Spot the signs of stress.
- Triggers amongst neurodivergent children.
- Help your anxious child feel safe.
- Early warning signs of mental health problems.

Wednesday 14th May, 9.30-11.15am

Workshop SL762 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-762-for-parentscarers-in-herts-registration-1307006775449>

COPING with CHANGE



- How children feel about and react to change.
- Prepare children for big changes such as starting a new school.
- Coping with small day to day changes.
- Responding to children when they are struggling.
- Learn from new experiences.

Wednesday 21st May, 7.30-9.15pm

Workshop SL763 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-763-for-parentscarers-in-herts-registration-1308622327609?aff=oddtcreator>

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Monday 9th June, 7.30-9.15pm

Workshop SL764 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-764-for-parentscarers-in-herts-registration-1301137008819>

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Wednesday 25th June, 7.30-9.15pm

Workshop SL765 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-765-for-parentscarers-in-herts-registration-1307948441999>

TECH USE



Wednesday 2nd July, 9.30-11.15am

Workshop SL766 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-766-for-parentscarers-in-herts-registration-1307911732199?aff=oddtcreator>

- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- Using devices as a reward or consequence.
- Teach children self-regulation

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www.supportinglinks.co.uk

Funded by Hertfordshire County
Council's Targeted Parenting Fund

