

# Parenting Support Spring term 2024



## Spring courses

This booklet outlines the courses that are being run by external providers over the Spring term 2024 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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**DSPL7**

**St Albans District, Harpenden and Villages**

Redbourn, Wheathampstead and Kimpton

## Parent & Carer Support Spring Term 2024



FREE to parents and carers living in Hertfordshire

### TALKING TEENS

6, weekly sessions for parents and carers of children aged 12-19, covering:

- The Teen Brain: physical and emotional changes taking place and why behaviour changes.
- The link between behaviour and communicating difficult feelings.
- How to maintain your relationship with good communication.
- Understand risk taking behaviour around drugs, alcohol and gang culture.
- How to negotiate and reduce conflict.



**Thursdays 7.45-9.15pm**

**4<sup>th</sup> Jan to 8<sup>th</sup> Feb**

**Online Course: ID 624**

**Wednesdays 7.45-9.15pm**

**7<sup>th</sup> Feb to 20<sup>th</sup> Mar**

**(no session in half term)**

**Online Course: ID 625**

### TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged 12-19, supporting you to:

- Understand why young people and adults get angry.
- Develop strategies to handle anger in yourself and others within your family.
- Recognise the early signs of anger.
- Reduce conflict and arguments.
- Encourage positive behaviour.



**Tuesdays 7.45-9.30pm**

**23<sup>rd</sup> Jan to 5<sup>th</sup> Mar**

**(no session in half term)**

**Online Course: ID 626**

### TALKING DADS

6, weekly sessions for dads & male carers of all ages, sharing information on:

- Improved listening and communication skills.
- A healthy dad-child relationship now and for the future.
- Effective strategies for dealing with anger and conflict.
- How to enforce boundaries.
- Being the dad, you want to be.



**Wednesdays 7.45-9.15pm**

**3<sup>rd</sup> Jan to 7<sup>th</sup> Feb**

**Online Course: ID 627**

**Tuesdays 7.45-9.15pm**

**6<sup>th</sup> Feb to 19<sup>th</sup> Mar**

**(no session in half term)**

**Online Course: ID 628**

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## TALKING FAMILIES

6, weekly sessions for parents and carers of children aged 0-12 sharing tips on:

- 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 8.00-9.30pm**

**1<sup>st</sup> Feb to 14<sup>th</sup> Mar**

**(no session in half term)**

**Online Course ID 623**

**Thursdays 9.30-11.30am**

**8<sup>th</sup> Feb to 21<sup>st</sup> Mar**

**Course ID 622**

Waterside Family Centre, Rowans,  
WGC AL7 1NZ

## TALKING ANXIETY in FAMILIES

6, weekly sessions for parents and carers of under 12's, supporting you to:

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety.
- Reduce stress and tension.
- Encourage resilient behaviour.



**Mondays 8.00-9.30pm**

**29<sup>th</sup> Jan to 11<sup>th</sup> Mar**

**(no session in half term)**

**Online Course ID 621**

## TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.

- Understand your child's behaviour.
- Develop strategies that really work.
- Reduce conflict.
- Improve emotional regulation.
- Explore sensory needs.
- Increase your child's resilience.
- Manage different needs in your family.



**Wednesdays 9.30-11.30am**

**31<sup>st</sup> Jan to 13<sup>th</sup> Mar**

**(no session in half term)**

**Course ID 620**

Otley Way Family Centre,  
Otley Way, Watford, WD19 7TB

### Booking essential. Please Quote the Course ID

To check eligibility and book a place, please contact Supporting Links on:  
**07512 709556** or **bookings@supportinglinks.co.uk**

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



Find us on

Instagram



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GCM

parent



Hertfordshire

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**Parent & Carer Support**  
**TALKING ASD & ADHD**  
**FREE Workshops**



**Spring Term 2024**

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.

**Wednesday 28<sup>th</sup> February**  
**7.30 to 9.15pm**

**Workshop 630**  
**Book via Eventbrite Link**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-tech-use-630-for-parentscarers-in-herts-registration-749092675357>

**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 25<sup>th</sup> March**  
**7.30 to 9.15pm**

**Workshop 629**  
**Book via Eventbrite Link**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-sibling-struggles-for-parentscarers-in-herts-629-registration-749126606847>

**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.

**Tuesday 23<sup>rd</sup> January**  
**7.30 to 9.15pm**

**Workshop 631**  
**Book via Eventbrite Link**  
<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-631-registration-749070348577>

Funded by Hertfordshire County Council's Targeted Parenting Fund

**Workshops are FREE to parents and carers living in Hertfordshire**

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk) [www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)



**TALKING**  
**ADDITIONAL**  
**NEEDS**



**Wednesdays 9.30-11.30am** Course: ID 620  
**31st January, 7th, 14th, 28th February,**  
**6th & 13th March 2024**  
**Otley Way Family Centre, Otley Way, South Oxhey,**  
**Watford, WD19 7TB**

**A 6-week group for parents and carers of children with any additional need from 2-25. Your child does not need a diagnosis to join.**

**Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

- **Understand your child's behaviour.**
- **Develop strategies that really work.**
- **Reduce conflict and improve emotional regulation**
- **Explore sensory needs.**
- **Increase your child's resilience.**
- **Manage the different needs within your family.**

'I have been on a few courses to help me with my child but this was by far the most helpful'

**Booking essential**  
**Please quote the course ID**  
**To check eligibility and book a place, contact Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.



# TALKING ANXIETY in FAMILIES



**Mondays 7.45-9.15pm** Online Course: ID 621  
29th January, 5th, 12th, 26th February 4th, 11th March  
2024

**6, weekly sessions for parents and carers of children under 12, supporting you to:**

- Understand why young people and adults get anxious.
- Develop strategies to handle anxiety in yourself and others within your family.
- Recognise the early signs of anxiety and be able to avoid escalation.
- Reduce stress and tension.
- Encourage resilient behaviour and strengthen relationships in the family.

**Our online support sessions are delivered weekly via Zoom. Groups are open to parents, carers, grandparents and guardians living, or with a child in school, in Hertfordshire.**

'This course has helped us massively. We are responding so differently, and its really helping us all to cope day to day.'

**Booking essential**  
**Please quote the course ID**  
**To check eligibility and book a place, contact Supporting Links on:**

**07512 709556**

**bookings@supportinglinks.co.uk**  
**www.supportinglinks.co.uk**



Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.



## Handling anger of primary aged children with Autism or ADHD

Our award winning six-week course is funded by Hertfordshire County Council and FREE for parents of primary aged children with ADHD and/or Autism, living in Hertfordshire.

**This course for parents provides practical support to understand why children and adults react with anger and provides proven techniques to reduce angry meltdowns and increase emotional regulation for the whole family.**

**Wednesday mornings**  
**9.30am to 11.30am**

**February 28th &**  
**March 6th 13th 20th 27th**



**Email Francine & Lesley:**  
**bookings@familiesinfocus.co.uk**



**Families In Focus CIC**  
LOOKING FORWARD TOGETHER



Funded by  
HCC Targeted  
Parenting Fund

**Handling anger in your family**

Facilitated by founders, Lesley and Francine, our course aims to help parents:

Our award winning six session course is funded by Hertfordshire CC Targeted Parenting Fund and is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

- Understand more about what triggers children's & parents anger
- Gain more understanding of children's common sleep issues
- Learn communication techniques to increase children's emotional regulation and decrease angry meltdowns
- Meet other parents and share experiences
- Learn techniques to manage stress, conflict and so much more....

**Email Francine & Lesley to secure your free place:**  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)  
visit our website to see course information:  
[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

*"We were nervous of talking about our anger however Francine & Lesley welcomed us and did not judge us, it was such a relief to be in a well run group that felt safe and we learned so much too."*

**Thursday mornings**  
9.30am to 11.30am

**February 29th & March 7th 14th 21st 28th**




**Families In Focus CIC**  
LOOKING FORWARD TOGETHER



Funded by  
HCC Targeted  
Parenting Fund

**Handling anger in your family**

Facilitated by founders, Lesley and Francine, our course aims to help parents:

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- Understand more about what triggers children's & parents anger
- Gain more understanding of children's common sleep issues
- Learn communication techniques to increase children's emotional regulation and decrease angry meltdowns
- Meet other parents and share experiences
- Learn techniques to manage stress, conflict and so much more....

**Email Francine & Lesley to secure your free place:**  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)  
visit our website to see course information:  
[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

*"We were nervous of talking about our anger however Francine & Lesley welcomed us and did not judge us, it was such a relief to be in a well run group that felt safe and we learned so much too."*

**Wednesday evenings**  
7pm to 8.30pm

**February 28th & March 6th 13th 20th 27th**




**Families In Focus CIC**  
LOOKING FORWARD TOGETHER

**Handling anger of primary aged children**

Our award winning online course is funded by Hertfordshire CC Targeted Parenting Fund and is FREE for parents of children aged 4 to 11 years living in Hertfordshire.

Facilitated by founders Lesley and Francine, our transformational course will enable you to:

- Understand more about what triggers children's & parents anger
- Explore children's common sleep issues and the effects on behaviour
- Learn techniques to increase children's emotional regulation and decrease angry meltdowns
- Meet other parents and share experiences
- Learn techniques to manage stress, conflict and so much more....

**Email Francine & Lesley to secure your free place:**  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)  
visit our website to see course information:  
[www.familiesinfocus.co.uk](http://www.familiesinfocus.co.uk)

*"We were nervous of talking about our anger however Francine & Lesley welcomed us and did not judge us. It was such a relief to be in a well run group that felt safe and we learned so much too."*

**Monday mornings from**  
9.30am to 11.30am

**February 26th & March 4th, 11th, 18th, 25th**





**FREE ONLINE SPRING 2024 WORKSHOPS  
FOR HERTS PARENTS/CARERS**

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/carers	Mon	8.1.24	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Wed	10.1.24	19:00 - 20:30	Online
Understanding Autism	Parents/carers	Thu	11.1.24	10:00 - 11:30	Online
Understanding PDA	Parents/carers	Mon	15.1.24	19:00 - 20:30	Online
Understanding Autism in Girls	Parents/carers	Wed	17.1.24	10:00 - 11:30	Online
Understanding ADHD in Girls	Parents/carers	Thu	18.1.24	10:00 - 11:30	Online
Support for Dads	Parents/carers	Mon	22.1.24	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/carers	Wed	24.1.24	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/carers	Thu	25.1.24	10:00 - 11:30	Online
Understanding Sensory Differences	Parents/carers	Mon	29.1.24	19:00 - 20:30	Online
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	31.1.24	10:00 - 11:30	Online
Supporting Siblings	Parents/carers	Mon	5.2.24	19:00 - 20:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Wed	7.2.24	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/carers	Thu	8.2.24	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	12.2.24	10:00 - 11:30	Online
Tips & Tools to Manage School Avoidance	Parents/carers	Wed	14.2.24	10:00 - 11:30	Online
<b>Half Term</b>					
Tips & Tools to Support Emotional Development	Parents/carers	Mon	26.2.24	19:00 - 20:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	28.2.24	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/carers	Thu	29.2.24	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	4.3.24	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	6.3.24	10:00 - 11:30	Online
Understanding Anxiety	Parents/carers	Mon	11.3.24	19:00 - 20:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Wed	13.3.24	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/carers	Mon	18.3.24	19:00 - 20:30	Online
Understanding Neurodiverse Teens	Parents/carers	Wed	20.3.24	10:00 - 11:30	Online
Preparing for Adulthood	Parents/carers	Mon	25.3.24	19:00 - 20:30	Online
Tips & Tools to Support Puberty	Parents/carers	Wed	27.3.24	10:00 - 11:30	Online

"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"

Hertfordshire County Council funded workshops - Recordings are sent to all registered participants to view for 7 days, even if you don't attend live.

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's Targeted Parenting Fund 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**  
Tues 9/1 & 06/2 - 1.30-2.30 pm
- General Secondary Aged Children Support Group**  
Tues 16/1 & 13/2 - 1.30-2.30 pm
- Parents/Carers of 16 to 24 yrs Support Group**  
Wed 24/1 - 7.30-8.30 pm
- PDA Support Group**  
Tues 30/1 - 1.30-2.30 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





**UNDERSTANDING ADHD & AUTISM  
IN THE EARLY YEARS**  
**FREE INTRODUCTORY 6-WEEK  
COURSE FOR PARENTS/CARERS**

**ABOUT THE COURSE**

This interactive course is designed for parents & carers of children aged 2 to 5 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism

**TIME AND PLACE**

Wednesdays  
10th Jan - 14th Feb 2024  
9.30 to 11.30 am **ONLINE**

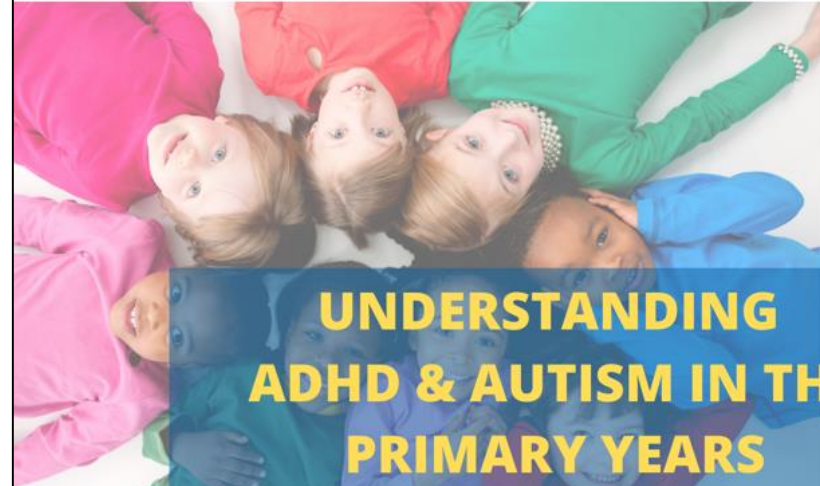
**Understanding ADHD and Autism in the Early Years for Dads**

Wednesdays - 14th Feb - 27th Mar 2024  
(no session half term week)  
7 to 9 pm **ONLINE**

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 courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only



**UNDERSTANDING  
ADHD & AUTISM IN THE  
PRIMARY YEARS**  
**FREE INTRODUCTORY 6-WEEK  
COURSES FOR PARENTS/CARERS**

**ABOUT THE COURSE**

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).

**ALL SESSIONS MUST  
BE ATTENDED**

**TIME AND PLACE**

Tuesdays  
9th Jan - 13th Feb 2024  
7 to 9 pm **ONLINE**





Tuesdays  
13th Feb - 26th Mar 2024 (no session half term week)  
10 am to 12 pm **ONLINE**

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 courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only



## UNDERSTANDING ADHD & AUTISM FOR DADS





### FREE INTRODUCTORY 6-WEEK COURSES FOR PARENTS/CARERS

<p><b>ABOUT THE COURSE</b></p> <p>These interactive courses are designed for dads /male carers of children with a diagnosis or suspected diagnosis of ADHD and/or Autism.</p> <p><b>ALL SESSIONS MUST BE ATTENDED</b></p>	<p><b>TIME AND PLACE</b></p> <p><b>Understanding ADHD and Autism for Dads</b> Wednesdays - 10th Jan - 14th Feb 2024 7 - 9 pm <b>ONLINE</b></p> <p><b>Understanding ADHD and Autism for Dads (plus wider family)</b> Wednesdays - 14th Feb - 27th Mar 2024 (no session half term week) 10 am to 12 pm <b>ONLINE</b></p> <p><b>Understanding ADHD and Autism in the Early Years for Dads</b> Wednesdays - 14th Feb - 27th Mar 2024 (no session half term week) 7 to 9 pm <b>ONLINE</b></p>
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☎ 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 courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only

## UNDERSTANDING ADHD & AUTISM IN GIRLS

### FREE INTRODUCTORY 6-WEEK COURSE FOR PARENTS/CARERS

<p><b>ABOUT THE COURSE</b></p> <p>This interactive course is designed for parents &amp; carers of girls aged 5 to 14 yrs with a diagnosis, or suspected diagnosis, of ADHD and/or Autism (or 4 &amp; already in reception).</p> <p><b>ALL SESSIONS MUST BE ATTENDED</b></p>	<p><b>TIME AND PLACE</b></p> <p>Thursdays 11th Jan to 15th Feb 2024 10 am - 12 pm</p> <p><b>ONLINE</b></p> <p><b>PRIORITY PLACES AVAILABLE FOR RESIDENTS OF BROXBORNE DISTRICT</b></p>
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☎ 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 courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only





**ADD-vance**  
The ADHD and Autism Trust



Hertfordshire




**UNDERSTANDING ADHD & AUTISM (TEEN YEARS)**

**FREE 6-WEEK COURSE FOR PARENTS/CARERS OF TEENS**

**ABOUT THE COURSE**  
This interactive course is designed for parents/carers of children aged 12 to 15 yrs (or 11 yrs & in secondary school) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

**TIME AND PLACE**  
Thursdays  
11th Jan to 15th Feb 2024  
10 am to 12 pm

**Oval Community Centre  
Stevenage  
SG1 5RD**

☎ 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/>**

This course is funded by Hertfordshire County Council's Targeted Parenting Fund and is open to residents of Hertfordshire only.



**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](mailto:support@spaceherts.org.uk)*

support@spaceherts.org.uk          [www.spaceherts.org.uk](http://www.spaceherts.org.uk)

SUPPORTING FAMILIES IN HERTFORDSHIRE - AUTISM | ADHD | NEURODIVERSE CONDITIONS  
REGISTERED CHARITY ENGLAND AND WALES NO: 117 2178

# Sleep Tight



## 3 week online course

Tuesdays 5th, 12th and 19th March, 10am-12pm

**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](https://spaceherts.eventbrite.co.uk)



Autism | ADHD  
Neurodiverse Conditions

# Parenting ADHD Skills

## 3 week online course

Tuesdays 16th, 23rd and 30th January, 10am-12pm



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




[spaceherts.eventbrite.co.uk](https://spaceherts.eventbrite.co.uk)



Autism | ADHD  
Neurodiverse Conditions

# Parenting ADHD Skills

## 3 week online course

Tuesdays 16th, 23rd and 30th January, 10am-12pm



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




[spaceherts.eventbrite.co.uk](https://spaceherts.eventbrite.co.uk)



Autism | ADHD  
Neurodiverse Conditions



# First Steps



**A free 6-week Course for Parents and Carers of Autistic Children in the Early Years**  
**No diagnosis necessary**

### Course content:

- Understanding neurodiversity
- Understanding sensory needs
- Understanding communication differences and preferences
  - Supporting and modelling interactions, inventions, and strategies
- Understanding and supporting behaviour
  - Supporting and promoting independence skills

Over the course of the 6 weeks you will develop a toolkit of strategies and interventions tailored to your family and specifically designed to support your child's wellbeing and social development.

**No Diagnosis Necessary**

**Carter's Sunflowers, WELWYN GARDEN CITY**

10am-12pm, Monday Mornings  
 January 8th, 15th, 22nd, 29th &  
 February 5th and 12th



Autism | ADHD  
 Neurodiverse Conditions

[www.spaceherts.org.uk](http://www.spaceherts.org.uk)

## SPACE HERTFORDSHIRE SPRING TERM 2024 **FREE ONLINE WORKSHOPS**

Monday 8th January	10:00-12:00	EHCP New Applications
Tuesday 9th January	18:30-20:00	Autistic Girls
Wednesday 10th January	10:00-11:30	Anger and Conflict
Thursday 11th January	18:30-20:30	Navigating the SEND World
Friday 12th January	10:00-11:00	Understanding Autism
Monday 15th January	18:30-20:00	Understanding Specific Literacy Difficulties Including Dyslexia
Wednesday 17th January	10:00-12:00	Anxiety and SEND
Thursday 18th January	19:00-20:00	Understanding ADHD
Friday 19th January	10:00-12:00	Navigating the SEND World Post 16
Monday 22nd January	19:00-21:00	Sensory Signs, Signals and Solutions
Thursday 25th January	18:30-20:30	ADHD in Girls and Women
Friday 26th January	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Monday 29th January	10:00-12:00	Autism Plus: Co-occurring Conditions and Cognitive Theories
Monday 29th January	18:30-20:00	Access Arrangements
Wednesday 31st January	10:00-12:00	Understanding Behaviour as Communication
Friday 2nd February	10:00-12:00	PDA, ODD and ADHD: Understanding the Differences
Monday 5th February	19:00-21:00	Sleep Workshop
Tuesday 6th February	10:00-11:30	Understanding and Supporting Executive Functioning Difficulties
Friday 9th February	10:00-12:00	No Two Brains Are The Same: What is Neurodiversity
Monday 12th February	18:30-20:00	Understanding and Supporting Emotional Regulation
Wednesday 14th February	10:00-12:00	Navigating the SEND World Post 16
Thursday 15th February	10:00-11:30	Tourettes
Friday 16th February	10:00-12:00	Anxiety and SEND
<b>HALF TERM</b>		
Monday 26th February	19:00-20:30	EHCP: Annual Reviews
Tuesday 27th February	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
Wednesday 28th February	10:00-12:00	Navigating the SEND World
Thursday 29th February	19:00-20:00	Understanding Autism
Friday 1st March	10:00-12:00	PDA, ODD and ADHD: Understanding the Differences
Wednesday 6th March	10:00-12:00	Anxiety and SEND
Thursday 7th March	10:00-11:30	Understanding Specific Literacy Difficulties Including Dyslexia
Thursday 7th March	18:30-20:00	Tourettes
Friday 8th March	10:00-11:30	Autistic Girls
Monday 11th March	18:30-20:00	Understanding and Supporting Executive Functioning Difficulties
Thursday 14th March	10:00-12:00	Navigating the SEND World Post 16
Friday 15th March	10:00-12:00	Sleep Workshop
Monday 18th March	10:00-12:00	ADHD in Girls and Women
Wednesday 20th March	10:00-12:00	Sensory Signs, Signals and Solutions
Thursday 21st March	18:30-20:00	Anger and Conflict
Friday 22nd March	10:00-12:00	Anxiety and SEND
Monday 25th March	10:00-12:00	Navigating the SEND World
Tuesday 26th March	10:00-11:00	Understanding ADHD
Tuesday 26th March	19:00-21:00	EHCP Process from Submission to Finalisation
Thursday 28th March	10:00-11:30	Understanding and Supporting Emotional Regulation



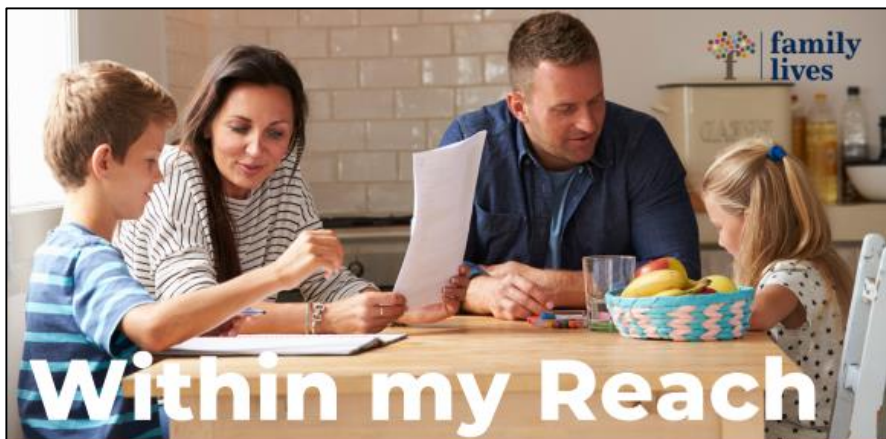
[spaceherts.eventbrite.co.uk](http://spaceherts.eventbrite.co.uk)



The majority of these workshops are funded by  
 The Targeted Parenting Fund



Autism | ADHD  
 Neurodiverse Conditions



# Within my Reach

**An online programme for parents of neurodiverse children who are living together or apart**

This programme is designed specifically for parents living together or apart, who are facing conflicts and struggling to find common ground in raising their neurodiverse child. This is a valuable opportunity to enhance relationships, strengthen parenting skills and create a more harmonious home environment.

## Who should attend?

- Parents who are experiencing conflicts and challenges due to the neurodiversity of their child
- Parents who want to improve communication and build stronger partnership in parenting and co-parenting their neurodiverse child.
- Parents seeking guidance, support, and practical strategies to navigate the unique challenges of raising a neurodiverse child.



**These 2 courses will be delivered by MS Teams, over 8 sessions, on the following dates/times:**

- Tuesdays & Thursdays from 27th February to 21 March 2024, 7.00pm to 9.00pm
- Wednesdays & Saturdays from 28th February to 23 March 2024, (Wednesday 7.00pm to 9.00pm & Saturday 10am -12pm)

SCAN ME



For more information or to make a referral, scan the QR code, email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call 0204 522 8700 or 0204 522 8699

**We build better family lives together**

[www.familylives.org.uk](http://www.familylives.org.uk)

@FamilyLivesHertsandBeds



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## Parenting SEN children when separated online programme

A 6-session programme, specifically tailored to help separated parents navigate the complexities of co-parenting and provide the best possible support for their SEND child. This is a valuable opportunity to enhance co-parenting skills, support children's development and build a strong foundation for the future.

### Who should attend?

- Separated parents raising children with SEND.
- Parents seeking guidance, support, and strategies for co-parenting SEN children more consistently.
- Parents wanting to create a positive and supportive environment for their child's development.

**Three courses will be delivered by MS Teams, from 7pm to 9pm, over 6 sessions, on the following dates:**

- Mondays: 4, 11 & 18 December 2023 and 8, 15 & 22 January 2024
- Thursdays: 11, 18 & 25 January and 1, 8 & 15 February 2024
- Mondays: 29 January, 5, 12 & 26 February and 4 & 11 March 2024

For more information or to make a referral, scan the QR code, email [services@familylives.org.uk](mailto:services@familylives.org.uk) or call 0204 522 8700 or 0204 522 8699

SCAN ME

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## Spring 2024 groups and workshops

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

### Bringing Up Confident ADHD/ASD Children (6 weeks) Online group Thursday 25 January to 7 March 9.30am - 11.30am via MS Team

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.

### Less Shouting, More Cooperation (6 weeks) Online group Tuesday 30 January 12 March 7pm - 9pm

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.

### Sorting Out Family Arguments (6 weeks) Online group Wednesday 7 Feb - 20 March 9.30am - 11.30am

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.

### Getting on with your Pre Teen / Teen (6 weeks) Online group Tuesday 6 February 19 March 9.30am - 11.30am

Is your teen feeling anxious or isolated? Are you concerned about their mental health and struggling to get help? 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.

### Dads Together (6 weeks) Online group Tuesday 6 February 19 March 7pm - 9pm

Are you a dad who feels 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.

### Anxiety around ADHD Workshop - Online Wednesday 17 January 7pm - 9pm

This workshop helps parents/carers understand what ADHD is, why it makes sense for a child to be anxious if they have ADHD, strategies to help support you and your child, plus signposting to other support that is available.

### Reducing Conflict Workshops - Online Thursday 14 March 9.30 - 11.30 AND Wednesday 20 March 7pm - 9pm

This workshop explores different types of conflict between couples and families. Provides support in understanding the causes and impact of parental and family conflict on children and gives practical steps and strategies.

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## Supporting Families with Protective Behaviours

Online courses starting January 2024



**Daytime**  
Mondays  
9.30am - 11.30am  
22 Jan - 18 March  
For mums, dads & carers  
Course code L5/am

**Evening**  
Tuesdays  
7.00pm - 9.00pm  
23 Jan - 19 March  
For mums, dads & carers  
Course code L5/eve

**Evening**  
Thursdays  
7.00pm - 9.00pm  
25 Jan - 21 March  
For dads & male carers  
Course code L4/eve

Are you looking for strategies and new ideas to help improve family life?

This 8-week term time course can help you to:

Understand what may be influencing your child's behaviour

Understand how Feelings, Thoughts and Behaviour link together

Respond to a range of feelings e.g. anger, frustration, anxiety, stress and worry

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

For eligibility and to book your fully funded place please contact:

[enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)

Tel: 07850 518216

Please quote the course code and a mobile number



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](http://www.familiesfeelingsafe.co.uk) E-mail: [enquiries@familiesfeelingsafe.co.uk](mailto:enquiries@familiesfeelingsafe.co.uk)



## Find the support you need at the Families First Portal

**Families First is the name for early help in Hertfordshire. It is a way of getting extra support for your family to help you manage problems early on.**

Families First is available to all Hertfordshire families with children under 18 (25 if they have a learning need or disability).

Visit the [portal](#) for more information, with direct links to:-

- 👑 Relationship Support
- 👑 Parenting advice and childcare
- 👑 Money advice
- 👑 Emotional and mental health
- 👑 Domestic abuse support
- 👑 Staying healthy
- 👑 Online Safety
- 👑 SEND Local Offer

and many other useful links



@FamiliesFirstHerts



@FFHerts

[hertfordshire.gov.uk/familiesfirst](http://hertfordshire.gov.uk/familiesfirst)



*"I am struggling to cope with everything at present, so feeling overwhelmed."*

*"I'm worried about my child's behaviour in school and at home"*

*"I'm worried about money"*

*"I need reassurance and support"*

## 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](mailto:admin@dspl7.org.uk)

Web: [www.dspl7.org.uk](http://www.dspl7.org.uk)

### DSPL7

The Hub  
228 Hatfield Rd  
St Albans  
AL14LW



Delivering Special Provision Locally