



FREE ONLINE AUTUMN 2025 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Audience	Day	Date	Time	Location
Identifying ADHD and/or Autism	Parents/Carers	Mon	8.9.25	10:00 - 11:30	Online
Understanding Autism	Parents/Carers	Wed	10.9.25	19:00 - 20:30	Online
Understanding ADHD and Autism in the Early Years	Parents/Carers	Fri	12.9.25	10:00 - 11:30	Online
Understanding Autism for Parents/Carers of Girls	Parents/Carers	Mon	15.9.25	10:00 - 11:30	Online
Understanding ADHD	Parents/Carers	Wed	17.9.25	19:00 - 20:30	Online
Understanding ADHD for Parents/Carers of Girls	Parents/Carers	Fri	19.9.25	10:00 - 11:30	Online
Understanding Self Harm	Parents/Carers	Mon	22.9.25	10:00 - 11:30	Online
Understanding PDA	Parents/Carers	Wed	24.9.25	19:00 - 20:30	Online
Tips & Tools for Sleep	Parents/Carers	Mon	29.9.25	10:00 - 11:30	Online
Support for Dads	Parents/Carers	Wed	1.10.25	19:00 - 20:30	Online
Understanding Challenging Behaviour	Parents/Carers	Fri	3.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Anger	Parents/Carers	Mon	6.10.25	10:00 - 11:30	Online
Preparing for Adulthood (14+)	Parents/Carers	Wed	8.10.25	19:00 - 20:30	Online
Understanding Sensory Differences	Parents/Carers	Mon	13.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Sensory Differences	Parents/Carers	Wed	15.10.25	10:00 - 11:30	Online
Tips & Tools to Manage Eating Difficulties	Parents/Carers	Fri	17.10.25	10:00 - 11:30	Online
Understanding Medication Options	Parents/Carers	Mon	20.10.25	10:00 - 11:30	Online
Tips & Tools for Toileting	Parents/Carers	Wed	22.10.25	10:00 - 11:30	Online
Half Term					
Applying for an EHCP	Parents/Carers	Mon	3.11.25	10:00 - 11:30	Online
Preparing for an EHCP Review	Parents/Carers	Wed	5.11.25	19:00 - 20:30	Online
Working in Partnership with School	Parents/Carers	Fri	7.11.25	10:00 - 11:30	Online
Tips & Tools to Manage School Absence	Parents/Carers	Mon	10.11.25	10:00 - 11:30	Online
Understanding Neurodivergent Teens	Parents/Carers	Wed	12.11.25	19:00 - 20:30	Online
Understanding Anxiety	Parents/Carers	Mon	17.11.25	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/Carers	Wed	19.11.25	19:00 - 20:30	Online
Tips & Tools to Support Puberty	Parents/Carers	Fri	21.11.25	10:00 - 11:30	Online
Tips & Tools to Support Communication	Parents/Carers	Mon	24.11.25	10:00 - 11:30	Online
Tips & Tools to Support Executive Function	Parents/Carers	Wed	26.11.25	19:00 - 20:30	Online
Supporting Siblings	Parents/Carers	Fri	28.11.25	10:00 - 11:30	Online
Tips & Tools to Manage Everyday Changes	Parents/Carers	Mon	1.12.25	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/Carers	Wed	3.12.25	19:00 - 20:30	Online
Tips & Tools to Support Emotional Development	Parents/Carers	Fri	5.12.25	10:00 - 11:30	Online
Tips & Tools for Positive Behaviour	Parents/Carers	Mon	8.12.25	10:00 - 11:30	Online
Tips & Tools to Build Self-Esteem	Parents/Carers	Wed	10.12.25	19:00 - 20:30	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.

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<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