

Talking ASD & ADHD Workshops:

TRANSITION AND CHANGE

For parents and carers of children aged 2-19yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**Monday
5th October 2020
9.30 - 11.30am**

We will help you to learn:

- How children feel and behave when experiencing change
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies
- How children learn from new experiences and what to expect.
- Where to access further help and support.

AN ONLINE PARENTING COURSE DELIVERED TO YOUR HOME VIA ZOOM



Full details on how to access and use this will be offered.

OPEN TO PARENTS AND CARERS ACROSS HERTS

'I tried the techniques and was amazed at the outcome.'

Pre-booking essential via Eventbrite

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-transition-change-for-parentscarers-in-herts-registration-120014463491>

Or contact **Supporting Links**
QUOTING REFERENCE SL402

01442 300185
info@supportinglinks.co.uk
www.supportinglinks.co.uk



This workshop is provided free to parents by Hertfordshire County Council