

Parent & Carer Support TALKING ASD & ADHD Workshops Spring 2026



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

<https://www.eventbrite.co.uk/cc/talking-asd-adhd-for-parentscarers-in-herts-1046969>

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.

Thursday 22nd January, 7.30-9.15pm

Workshop SL809 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-809-for-parentscarers-in-herts-registration-1814636258899>

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.

Monday 26th January, 7.30-9.15pm

Workshop SL808 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-808-for-parentscarers-in-herts-registration-1813912474039>

SIBLING STRUGGLES



- What to do when your children fight or argue.
- Dealing with jealousy and unfairness.
- Recognising the pressures on siblings.
- 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.

Tuesday 24th February, 7.30-9.15pm

Workshop SL811 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-sibling-struggles-811-for-parentscarers-in-herts-registration-1814783268609>

TECH USE



- Understand your child's use of Social Media, Gaming & the Internet
- The effect of strategies such as banning, strict time limits or using devices as a reward or consequence.
- Teach children how to manage their tech use, stay safe online and switch off.
- Improve communication and reduce conflict.

Tuesday 24th March, 9.30-11.15am

Workshop SL810 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-810-for-parentscarers-in-herts-registration-1814951070509>

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

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