

# Parent & Carer Support TALKING ASD & ADHD Workshops Summer 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](#)

## 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.

**Tuesday 2<sup>nd</sup> June, 9.30-11.15am**

Workshop SL837 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-837-for-parentscarers-in-herts-tickets-1983463972134>

## 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.

**Monday 8<sup>th</sup> June, 7.30-9.15pm**

Workshop SL838 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-838-for-parentscarers-in-herts-tickets-1983465351259>

## TECH USE



- Understand your child's use of Social Media, Gaming & the Internet.
- The effect of 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.
- Dopamine and other hormones.

**Tuesday 16<sup>th</sup> June, 7.30-9.15pm**

Workshop SL839 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-839-for-parentscarers-in-herts-tickets-1983467129578>

## 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 24<sup>th</sup> June, 7.30-9.15pm**

Workshop SL840 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-840-for-parentscarers-in-herts-tickets-1983477366196>

Parent newsletter: <https://supportinglinks.eo.page/png1q>



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Funded by  
Hertfordshire  
County Council

