



DSPL9 Parent, Carer and Family Newsletter

10th September 2025

Welcome to the 1st DSPL9 newsletter for the academic year 2025/26 .

This provides families and school colleagues with current local SEND information with a focus on **Parents and Families**.

This newsletter will be published fortnightly during term time. Next edition- 24th September 2025

Please contact Triage enquiries@dsplarea9.org.uk if your child or young person has complex needs that you require further support with.

DSPL9 support

- DSPL9 Parent and Carer Coffee Mornings for all parents of children with SEND will resume next academic year.
- DSPL9 will be holding support groups for parents/carers of children experiencing EBSA

Other services – New this week

- Online and in person workshops provided by SPACE Herts and covering a huge range of topics
- Support offered this term from Supporting Links
- Potential Kids share their September 2025 calendar of events
- Social Support Group for young people with ASD
- Parenting groups offered by Family Lives this term

Other services – From previous news but places may still be available.

- Supporting Links share details of a **FREE 6 week in-person** course for parents and carers of children with any suspected or diagnosed additional need .
- Families Feeling Safe have three online courses starting in October which are fully funded by HCC for parents and carers who may need some additional support:
- Potential Kids have an exciting summer programme for neurodivergent children, young people and the siblings.
- Add Vance have numerous fully funded workshops and courses for parents/carers.

DON'T
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Delivering Special
Provision Locally



PARENT/CARER COFFEE MORNINGS 2025

For all parents/carers of children with SEND

TUESDAY 21ST OCTOBER 2025 10-11.30AM

TUESDAY 2ND DECEMBER 2025 10-11.30AM

ASDA WATFORD COMMUNITY ROOMS
ST ALBANS RD, WATFORD WD24 7RT

Please join the DSPL9 Triage team to find out about the support available locally and to meet other parents and carers of children with SEND.

If you would like to attend or to find out more please email us at-

enquiries@dsplarea9.org.uk



Delivering Special
Provision Locally



DSPL 9 Emotionally Based School Anxiety Coffee Morning



DSPL 9 are pleased to be able to offer a face to face session for parents and carers of children and young people who are experiencing EBSA (emotionally based school anxiety/avoidance).

The event will be run by DSPL 9 with a Family Support Worker and Nessie Therapist available to offer support and guidance.

Dates for 2025-26:

Monday 13th October 2025: Confirmed

Monday 2nd February 2026

Monday 11th May 2026

Time: 10.00am-11.30am

Venue: ASDA Community Room,
St Albans Rd, Watford WD24 7RT

Please contact admin@dsplarea9.org.uk if you would like to attend the session.

BRIGHT BEGINNINGS

in person in Stanstead Abbots

Free 6-week play-based course for Parents and Carers and their children in the early years

Join us for 6 weeks of fun, designed for parents and carers and their children aged 0-5 years who are on the pathway or diagnosed with autism, or communication difficulties. In person course in Stanstead Abbots.

No diagnosis necessary

- Support your child's development with these play-based group sessions led by experienced staff who help model effective communication, interactions, and interventions
 - Get tailored guidance on local activities, services, workshops, and educational support.
- Access optional family support and benefit from specialised advice for key transitions like starting or changing schools and so much more.

Stanstead Abbots

1:15-2:15pm Wednesdays 8, 15, 22 October and 5, 12, 19 November



Book via Eventbrite: SPACE Hertfordshire



NEURODIVERSITY IN GIRLS AND WOMEN

4 weeks online courses

Understand more about the particular challenges which autistic girls and/or those with ADHD can face and leave equipped with strategies and approaches to help celebrate and support them

Course content

- Explore the general characteristics of Autism and ADHD
- Understand gender difference and how Autism and ADHD may present differently in girls
- Understand masking and camouflaging and the impact it has
- Explore approaches and strategies to help, support and celebrate autistic girls and/or those with ADHD

6:30pm-8:30pm Tuesdays 9th, 16th, 23rd and 30th September



Book via Eventbrite: SPACE Hertfordshire



PRIMARY STEPS

in person in Sawbridgeworth

Free 6-week Course for Parents and Carers of Autistic Children in the Primary Years.

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

Course content

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

No diagnosis necessary

Great St Mary's, Sawbridgeworth

10am-12pm, Friday Mornings 12, 19, 26 September and 3, 10, 17 October



Book via Eventbrite: [SPACE Hertfordshire](#)

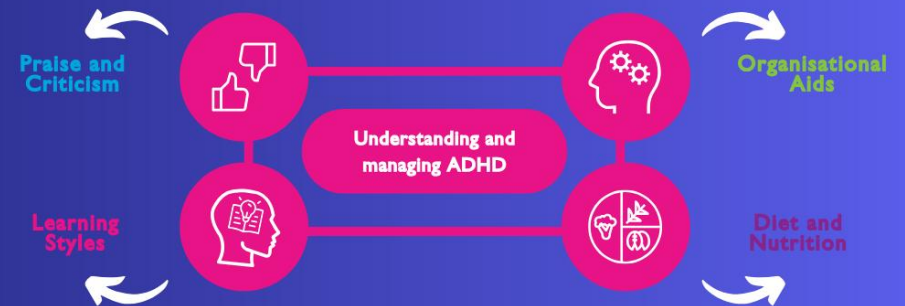


PARENTING ADHD

3 week online course

10:00am-12:00pm Tuesdays 2, 9, 16 December

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



Book via Eventbrite: [SPACE Hertfordshire](#)



SLEEP TIGHT

3 weeks online course

● ● ● 10am-12pm Tuesdays 11, 18, 25 November

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



Book via Eventbrite: SPACE Hertfordshire



Autism | ADHD
Neurodiverse Conditions

TALKING SENSORY

3 Week Online Courses



Course content

- Identify the 8 main senses and systems
- Explore differences in sensory processing
- Understand sensory behaviours, signs and signals
- Explore approaches and strategies
- Know where to go for additional help and resources

18:30-20:30 Mondays 6, 13, 20 October



Book via Eventbrite: SPACE Hertfordshire



Autism | ADHD
Neurodiverse Conditions

AUTUMN TERM 2025 FREE ONLINE WORKSHOPS

4th September	18:30-20:00	Understanding Tics and Tourettes
8th September	18:30-20:00	Access Arrangements
10 th September	18:30-20:30	Sensory Signs, Signals and Solutions
11th September	10:00-12:00	ADHD in Girls and Women
12th September	10:00-12:00	Understanding Behaviour as Communication
15th September	18:30-20:30	Navigating the SEND World
17th September	10:00-12:00	No Two Brains Are The Same: Understanding Neurodiversity
25th September	10:00-11:30	Understanding and Supporting Executive Functioning
25th September	18:30-20:30	EHCPs: New Applications
26th September	10:00-12:00	Understanding Dual Diagnosis: Autism and ADHD
30th September	10:00-12:00	Sleep Workshop
1st October	10:00-12:00	Therapeutic Thinking for Parent/Carers
2nd October	18:30-20:30	Puberty and Neurodiversity
8th October	10:00-12:00	Anxiety and SEND
9th October	10:00-12:00	Navigating the SEND world Post-16
10th October	10:00-12:00	PDA, ODD and ADHD
13th October	10:00-11:30	Understanding Dyslexia
14th October	10:00-11:00	Understanding Autism
15th October	10:00-12:00	Sensory Signs, Signals and Solutions
16th October	10:00-11:00	Understanding ADHD
21st October	10:00-11:30	Autistic Girls
22nd October	10:00-12:00	Understanding Behaviour as Communication
HALF TERM		
3rd November	18:30-20:30	ADHD in girls and Women
4th November	10:00-11:30	Encouraging Neurodiversity in Neurodiverse Young People (ages 8-18)
6th November	10:00-11:30	Understanding Tics and Tourettes
7th November	10:00-12:00	Understanding Behaviour as Communication
10th November	18:30-20:00	Understanding and Supporting Executive Function
12th November	10:00-12:00	PDA, ODD and ADHD
13th November	10:00-12:00	Navigating the SEND World
14th November	10:00-12:00	EHCPs: Submission to Finalisation
18th November	18:30-20:00	Understanding OCD
19th November	10:00-12:00	Anxiety and SEND
25th November	18:30-19:30	Understanding Autism
27th November	18:30-20:30	Sleep Workshop
1st December	18:30-20:30	Navigating the SEND World Post-16
3rd December	10:00-12:00	Understanding Emotionally Based School Avoidance (EBSA)
4th December	10:00-11:30	Understanding and Supporting Emotional Regulation
4th December	18:30-19:30	Understanding ADHD
5th December	10:00-12:00	Sensory Signs, Signals and Solutions
8th December	18:30-20:00	Understanding Dyslexia
10th December	10:00-12:00	ADHD in girls and Women
10th December	18:30-20:00	EHCPs: Annual Reviews
11th December	18:30-20:00	Autistic Girls
12th December	10:00-12:00	Puberty and Neurodiversity
15th December	10:00-12:00	Anxiety and SEND



spaceherts.eventbrite.co.uk



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



Autism | ADHD
Neurodiverse Conditions

Parent & Carer Support TALKING ASD & ADHD Workshops Autumn 2025



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 23rd September, 9.30-11.15am

Workshop SL781 book via Eventbrite:

<https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtcreator>

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 13th October, 7.30-9.15pm

Workshop SL782 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtcreator>

SCHOOL AVOIDANCE



- What is Emotionally Based School Avoidance and is this what your child is experiencing?
- Common causes and triggers of school avoidance.
- How EBSA is affecting you and your family.
- Practical steps you can take to support your child and look after yourself.
- How to work with your school in your child's best interests.

Monday 10th November, 7.30-9.15pm

Workshop SL783 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtcreator>

TECH USE



- Keep your child safe online.
- Help your child to switch their device off.
- Support behaviour difficulties when playing.
- The effect of using devices as a reward or consequence.
- Teach children to develop their own methods of regulating device use and staying safe.

Monday 24th November, 7.30-9.15pm

Workshop SL784 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtcreator>

Follow us on:



Contact via:

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

Funded by Hertfordshire County Council's Targeted Parenting Fund



Parent & Carer Support Autumn Term 2025



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.



Tuesdays 7.45 - 9.15pm

16th Sep – 21st Oct

Online Course: ID 778

Thursdays 7.45 - 9.15pm

6th Nov – 11th Dec

Online Course: ID 777

TALKING ANGER in TEENS

6, weekly sessions for parents and carers of children aged **11-19**, supporting you to:

- Understand why children & 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

4th Nov – 9th Dec

Online Course: ID 775

TALKING ADDITIONAL NEEDS

A 6-week group for parents and carers of children **2-19**, with any additional need. Your child does not need a diagnosis.

- 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 7pm - 9pm

5th Nov – 10th Dec

Course ID 771

**Reddings Family Centre,
Bushey, WD23 3PE**

Wednesdays 9.45 - 11.15am

17th Sep – 22nd Oct

Course ID 770

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.



Wednesdays 8.00 - 9.30pm

17th Sep – 22nd Oct

Online Course ID 774

Thursdays 9.45 - 11.15am

18th Sep – 23rd Oct

Online Course ID 772

Tuesdays 8.00 - 9.30pm

4th Nov – 9th Dec

Online Course ID 773

TALKING ANXIETY in TEENS

6, weekly sessions for parents and carers of children **11-19**, 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.



Tuesdays 7.45 - 9.30pm

16th Sep – 21st Oct

Online Course ID 776

TALKING DADS

6, weekly sessions for dads & male carers of children **0-19**, 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

17th Sep – 22nd Oct

Online Course: ID 779

Wednesdays 7.45 - 9.15pm

5th Nov – 10th Dec

Online Course: ID 780

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



SEPTEMBER 2025 ACTIVITIES

SESSIONS FOR NEURODIVERGENT CHILDREN/YOUNG PEOPLE AND SIBLINGS

Date	Sessions	Time
4th Thu	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
4th Thu	Trampolining -Gosling sports centre 5+	17.30-18.30
5th Fri	Welcome Space Community Drop-In	11.00-12.30
11th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
12th Fri	Welcome Space Community Drop-In	10.00-12.30
13th Sat	Free Family Football Drop-In Birchwood	16.00-17.00
16th Tue	Roller skating Campus West	18.00-19.00
18th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
18th Thur	Trampolining -Gosling sports centre 5+	17.30-18.30
19th Fri	Welcome Space Community Drop-In	11.00-12.30
19th Fri	Youth Group 16 +	18.30-20.30
20th Sat	Basketball 8+ Birchwood	16.00-17.00
25th Thur	Bushcraft/Stem Home Ed 4 + yrs	10.30-12.00
26th Fri	Welcome Space Community Drop-In	11.00-12.30
26th Fri	Skateboarding Pioneer Club Age 9+yrs	17.30-18.30
27th Sat	Train Club PK Hub Age 12+	12.00-14.00
27th Sat	Soft Archery 8+ Birchwood	16.00-17.00

For further information on any of our Activities or Educational Services please email us at info@potentialkids.org

POTENTIAL KIDS

BOOKINGS at potentialkids.org.uk/events



Therapeutic Gardening 1:1 & Group Sessions. Volunteers Needed



Danecroft Stables



Pony Days



Visit us here



OUR OFFER

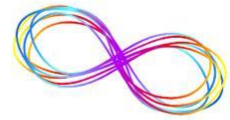
- Sports & Social Activities
- Tutoring
- Mentoring
- Therapies
- 1:1 & Group Work
- Alternative Provision Provider
- EOTAS

Communication, Learning & Social Support for All





SOCIAL SUPPORT GROUP



for young people with autism
aged 14-25



We meet monthly on a
Thursday evening 6- 8pm
in **Abbots Langley**



**A safe space
to make friends**

For
more info...
call Dawn
on **01923 549093**
or email:

**Be Yourself
&
Have Fun**

aaagroup@little-grove.org



with Parents & Carers Group running next door
for anyone interested!

Family Lives Free Autumn Term Parenting Groups

Bringing Up Confident ADHD/ASD Children (6 weeks) Online group
Friday 26th September to 7 November 9.45am to 11.45am OR

Tuesday 14 October to 25 November 7.00pm to 9.00pm

If your child has ADHD/ASD, or you think they might, join our free online 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
Thursday 2 October to 13 November 9.30am to 11.30am

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 group to learn how you can change the way you communicate with your child, respond better, and feel more in control.

Dads Together (6 weeks) Online group

Wednesday 5 November to 10 December 7.00pm to 9.00pm

Calling all Dads - join our free online group, come along and receive support from other dads and learn how to change the way you communicate with your child, respond better and feel more in control.

Anxiety around ADHD Online Workshop
Autumn term dates to be confirmed

Reducing Conflict Online Workshop
Autumn term dates to be confirmed

Sibling Rivalry Online Workshop
Autumn term dates to be confirmed



SCAN ME!

For more information, please contact Louise on **0204 522 8700/8701**, or email **services@familylives.org.uk**. Please scan our QR code for our referral form.



- Supporting Links share details of a **FREE 6 week in-person** course for parents and carers of children with any suspected or diagnosed additional need .
- Families Feeling Safe have three online courses starting in October which are fully funded by HCC for parents and carers who may need some additional support:
- Add Vance have numerous fully funded workshops and courses for parents/carers.

TALKING ADDITIONAL NEEDS



Wednesdays 9.45 - 11.15am Online Course ID: 770
17th, 24th Sept, 1st, 8th, 15th & 22nd Oct 2025
Delivered online using Zoom

Wednesdays 7.00 - 9.00pm Face-to-Face ID: 771
5th, 12th, 19th, 26th Nov, 3rd & 10th Dec 2025
Reddings Family Centre, Harcourt Road, Bushey, WD23 3PE

A 6-week group for parents and carers of children 2-19yrs with any additional need. Your child does not need a diagnosis.

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

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

'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 709 556

bookings@supportinglinks.co.uk

www.supportinglinks.co.uk



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



Families Feeling Safe have three online courses starting in October which are fully funded by HCC for parents and carers who may need some additional support:

- For Dads and male carers: Wednesdays 8 October – 4 December 7.00pm – 9.00pm please [click here for the poster...](#)
- For Mums, Dads & Carers: Thursdays 9 October – 4 December 9.30am – 11.30am [click here for the poster...](#)
- For Mums, Dads & Carers: Thursdays 9 October – 4 December 7.00pm – 9.00pm [click here for the poster...](#)

This 8-week course can help mums, dads and carers:

- Understand how Feelings, Thoughts and Behaviour link together
- Understand what may be influencing their child's behaviour
- Respond to a range of feelings e.g. stress, anger, anxiety and worries
- Improve communication to build better relationships
- Build on their own and their child's strengths
- Learn strategies to help them and their children feel safe



ADD-vance
The ADHD and Autism Trust



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

Dates: Tuesdays, 4/11 to 9/12
Time: 9.30 to 11.30 am
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 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



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

Dates: Mondays, 15/9 to 20/10

Time: 7 - 9 pm

ONLINE VIA ZOOM

Dates: Wednesdays, 5/11 to 10/12

Time: 7 - 9 pm

ONLINE VIA ZOOM

Dates: Tuesdays, 11/11 to 16/12

Time: 10 am - 12pm

ONLINE VIA ZOOM

☎ 01727 833963

✉ herts@add-vance.org

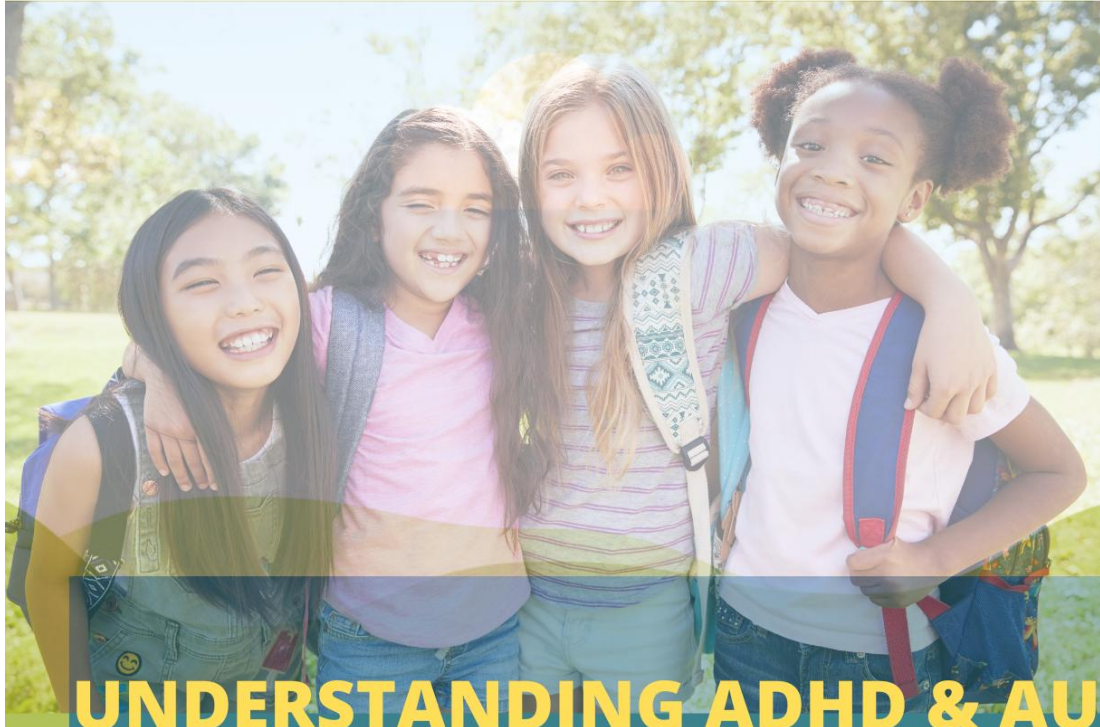
🌐 <http://www.add-vance.org/>

**Book your FREE ticket on <http://add-vance.eventbrite.com/> or
visit our website <http://www.add-vance.org/>**

These 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



UNDERSTANDING ADHD & AUTISM FOR PARENTS/CARERS OF GIRLS

FREE INTRODUCTORY 6-WEEK COURSE FOR PARENT/CARERS

ABOUT THE COURSE

This interactive course is designed for parents/carers of girls aged 5 to 14 yrs (or 4 and already in reception) with a diagnosis or suspected diagnosis of ADHD and/or Autism.

TIME AND PLACE

Dates: Tuesdays, 9/9 to 14/10

Time: 10 am to 12 pm

ONLINE VIA ZOOM

Dates: Thursdays, 13/11 to 18/12

Time: 10 am to 12 pm

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



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.

☎ 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

