



# FREE ONLINE AUTUMN 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time	Location
Diagnosing ADHD and/or Autism	Parents/carers	Mon	11.9.23	19:00 - 20:30	Online
Thinking about College?	Parents/carers	Wed	13.9.23	10:00 - 11:30	Online
Thinking about University?	Parents/carers	Thu	14.9.23	10:00 - 11:30	Online
Understanding ADHD	Parents/carers	Mon	18.9.23	10:00 - 11:30	Online
Understanding Autism	Parents/carers	Wed	20.9.23	10:00 - 11:30	Online
Applying for an EHCP	Parents/carers	Mon	25.9.23	10:00 - 11:30	Online
Understanding ADHD and Autism in the Early Years	Parents/carers	Wed	27.9.23	10:00 - 11:30	Online
Understanding Autism in Girls	Parents/carers	Mon	2.10.23	10:00 - 11:30	Online
Tips & tools to Manage Eating Difficulties	Parents/carers	Wed	4.10.23	10:00 - 11:30	Online
Tips & Tools for Toileting	Parents/carers	Thu	5.10.23	10:00 - 11:30	Online
Preparing for an EHCP Annual Review	Parents/carers	Mon	9.10.23	10:00 - 11:30	Online
Tips & Tools for Sleep	Parents/carers	Wed	11.10.23	10:00 - 11:30	Online
Understanding Challenging Behaviour	Parents/carers	Mon	16.10.23	19:00 - 20:30	Online
Tips & Tools to Manage Anger	Parents/carers	Wed	18.10.23	10:00 - 11:30	Online
<b>Half Term</b>					
Working in Partnership with School	Parents/carers	Mon	30.10.23	10:00 - 11:30	Online
Tips & Tools to Support Learning (Executive Function)	Parents/carers	Wed	1.11.23	10:00 - 11:30	Online
Tips & Tools to Manage School Avoidance	Parents/carers	Thu	2.11.23	10:00 - 11:30	Online
Tips & Tools to Support Social Skills	Parents/carers	Mon	6.11.23	19:00 - 20:30	Online
Tips & Tools to Support Communication	Parents/carers	Wed	8.11.23	10:00 - 11:30	Online
Tips & Tools to Encourage Positive Behaviour	Parents/carers	Mon	13.11.23	19:00 - 20:30	Online
Tips & Tools to Support Emotional Literacy	Parents/carers	Wed	15.11.23	10:00 - 11:30	Online
Tips & Tools to Build Self Esteem	Parents/carers	Mon	20.11.23	10:00 - 11:30	Online
Understanding Medication Options	Parents/carers	Wed	22.11.23	10:00 - 11:30	Online
Understanding Neurodiverse Teens	Parents/carers	Mon	27.11.23	19:00 - 20:30	Online
Understanding Anxiety	Parents/carers	Wed	29.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Anxiety	Parents/carers	Thu	30.11.23	10:00 - 11:30	Online
Tips & Tools to Manage Self Harm	Parents/carers	Mon	4.12.23	10:00 - 11:30	Online
Tips & Tools to Support Puberty	Parents/carers	Wed	6.12.23	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.