

# TALKING ASD & ADHD WORKSHOP:

## ANXIETY and STRESS

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.



**WEDNESDAY**  
**6th March 2024**  
**7.30-9.15pm**



### We will help you to learn about:

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.

“I have been on a few courses to help me with my son, this was by far the most helpful.”

**An online parent workshop delivered to your home via Zoom.**

**FREE for parents and carers living or with a child in school in Hertfordshire**

### Booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-stress-640-for-parentscarers-in-herts-registration-830105085657>



Or contact Supporting Links  
**QUOTING REFERENCE SL640**

**01442 300185**

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)



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