

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
www.supportinglinks.co.uk



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