

TALKING ASD & ADHD WORKSHOP: COPING with CHANGE

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.



MONDAY
18th March 2024
9.30-11.15am

We will help you to learn about:

- How children feel and behave when experiencing change.
- How to prepare children for changes such as starting a new school.
- How to support children during and after change by helping them to manage their emotions using effective stress reducing strategies
- How children learn from new experiences and what to expect.

'I thought this would be like all the other transition sessions I've attended, actually it was so much more. I didn't realise how much change our children deal with.'

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-coping-with-change643-for-parentscarers-in-herts-registration-835253344237>



Or contact Supporting Links
QUOTING REFERENCE SL643

01442 300185

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www.supportinglinks.co.uk



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