

HERTFORDSHIRE BEE YOU



Understanding Autism and ADHD

For ages 7-11 years, the weekly topics are:

Session 1: What is autism and ADHD? What strengths does this bring us?

Session 2: Introductory session to the course – getting to know each other

Session 3: Learning about ourselves.

Session 4: Friendships

Session 5: Managing School.

Session 6: Preparing for change as we grow up.

Session 7: Body Scanning, how am I feeling?

Session 8: Emotional Regulation

Session 9: Masking / Internal Presentation

Session 10: Myth Busting – what do people expect from me?

Scan the QR code to complete the contact form for a referral and further information.

Email hertsbeeyou@autismoxford.org.uk if you require further assistance.

