

TALKING ASD & ADHD WORKSHOP:

STRESS and ANXIETY

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



WEDNESDAY
23rd November 2022
9.30 - 11.30am

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.

Where to access further help and support, locally and nationally.

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

An online parenting workshop delivered to your home via Zoom

Full details on how to access and use this will be offered.  zoom

Open to parents and carers across Hertfordshire

Pre-booking essential via Eventbrite Link:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-535-registration-368851594047>

Or contact Supporting Links
QUOTING REFERENCE SL535

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

Follow on:



This workshop is provided free to parents by Hertfordshire County Council

