

TALKING ASD & ADHD WORKSHOP: THE TEENAGE YEARS

For parents and carers of children aged 11-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.




WEDNESDAY
2nd November 2022
7.30 - 9.30pm

We will help you to learn about:

- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- Strengthening your parent/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.
- Where to access further help and support, locally and nationally.

'I tried the techniques and was amazed at the outcome.'

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-and-adhd-the-teenage-years-for-parentscarers-in-herts-540-registration-374140453167>

Or contact Supporting Links
QUOTING REFERENCE SL540

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

Follow on:



This workshop is provided free to parents by Hertfordshire County Council

