

TALKING ASD & ADHD WORKSHOPS:

ANXIETY AND STRESS

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



Thursday
12th November 2020
9.30 - 11.30am



We will help you to learn:

- 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, particularly during the current pandemic.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage anxious or stressed child.
- The early warning signs of mental health problems.

AN ONLINE PARENTING COURSE DELIVERED TO YOUR HOME VIA ZOOM



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

OPEN TO PARENTS AND CARERS ACROSS HERTS

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

Pre-booking essential via Eventbrite

<https://www.eventbrite.co.uk/x/talking-asd-and-adhd-anxiety-stress-for-parentscarers-in-herts-registration-120512416883>

Or contact Supporting Links
QUOTING REFERENCE SL403

01442 300185
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www.supportinglinks.co.uk



This workshop is provided free to parents by Hertfordshire County Council