

A free daytime course
for parent/carers of children
aged 5-14

Run by specialist
ADHD/Autism Trainers
from ADD-vance



ADD-vance Understanding Autism 6-week Course for Parent/Carers

This 6-week course is designed to meet the needs of parent/carers of children age 5-14 years with a diagnosis or suspected diagnosis of Autism

All sessions take place on Mondays between 10am - 12pm

on

**13th May, 20th May, 3rd June,
10th June, 17th June, 24th June
(all sessions must be attended)**

at

**The Willow Room, Hobbs Hill Wood Primary School
Peascroft Road, Hemel Hempstead, HP3 8ER**

For bookings, please book via Eventbrite:

<https://add-vance-understanding-adhd-dacorum-summer-2019.eventbrite.co.uk>

Please note, this course is only open to Hertfordshire residents

Places are limited so please do book early to avoid disappointment

ADD-vance

The ADD-vance ADHD and Autism Trust
Working to support people with ADHD and Autism in Hertfordshire

Foundation House, 2-4 Forum Place, Hatfield, Hertfordshire AL10 0RN

Helpdesk: 01727 833963 Email: Herts@add-vance.org

Web: www.add-vance.org Reg. Charity No. 1158968



Who is this course for?

Parent/carers of children and young people with a diagnosis, or suspected diagnosis, of Autism

What will be covered by the course?

Every course is bespoke to the needs of each group. Learning Outcomes may include:

- Understanding Autism and related conditions
- Understanding sensory needs
- Developing emotional literacy
- Understanding and managing anxiety
- The dos and don'ts of rules and boundaries
- Understanding anxiety and developing strategies to manage and regulate emotions
- Understanding the importance of good self-esteem for both parents and young people and how to develop healthy self-esteem
- Managing the needs of siblings
- Education and how to advocate for your child

When and where will the course take place?

On Mondays from 13th May 2019 to 24th June 2019, 10am to 12pm

(No session during half term)

At the Willow Room, Hobbs Hill Wood Primary School , Peascroft Road, Hemel Hempstead HP3 8ER

How do I book a place?

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For queries, please contact Andrea at bookings@add-vance.org