

Parent & Carer Support TALKING ASD & ADHD Workshops Summer 2026



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

[Eventbrite Page](#)

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Tuesday 2nd June, 9.30-11.15am

Workshop SL837 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-837-for-parentscarers-in-herts-tickets-1983463972134>

ANXIETY & STRESS



- The difference between stress and anxiety.
- Understanding anxiety conditions in ASD/ADHD.
- Spot the signs of stress.
- Triggers amongst neurodivergent children.
- Help your anxious child feel safe.
- Early warning signs of mental health problems.

Monday 8th June, 7.30-9.15pm

Workshop SL838 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-838-for-parentscarers-in-herts-tickets-1983465351259>

TECH USE



- Understand your child's use of Social Media, Gaming & the Internet.
- The effect of banning, strict time limits or using devices as a reward or consequence.
- Teach children how to manage their tech use, stay safe online and switch off.
- Improve communication and reduce conflict.
- Dopamine and other hormones.

Tuesday 16th June, 7.30-9.15pm

Workshop SL839 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-839-for-parentscarers-in-herts-tickets-1983467129578>

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Wednesday 24th June, 7.30-9.15pm

Workshop SL840 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-840-for-parentscarers-in-herts-tickets-1983477366196>

Parent newsletter: <https://supportinglinks.eo.page/png1q>



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www.supportinglinks.co.uk

Funded by
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Parent & Carer Support TALKING ASD & ADHD Workshops Spring 2025



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

← Eventbrite Page

THE TEENAGE YEARS



Tuesday 4th March 7.30-9.15pm

Workshop SL715 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-715-for-parentscarers-in-herts-registration-1064332389829>

- 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.

SIBLING STRUGGLES



Thursday 13th February 7.30-9.15pm

Workshop SL713 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-sibling-struggles-713-for-parentscarers-in-herts-registration-1065018812939>

- What to do if your children are fighting or arguing.
- Dealing with jealousy and unfairness.
- Recognising the pressures on siblings.
- Helping your children develop a network of support.
- Helping your children to communicate with each other without conflict.
- Managing your own difficult feelings and helping your children to manage theirs.

RESPONDING to ANGER



Wednesday 2nd April 9.30-11.15am

Workshop SL714 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-714-for-parentscarers-in-herts-registration-1065126535139>

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

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Parent & Carer Support TALKING ASD & ADHD Workshops Summer 2025



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← Eventbrite Page

ANXIETY & STRESS



- The difference between stress and anxiety.
- Understanding anxiety conditions in ASD/ADHD.
- Spot the signs of stress.
- Triggers amongst neurodivergent children.
- Help your anxious child feel safe.
- Early warning signs of mental health problems.

Wednesday 14th May, 9.30-11.15am

Workshop SL762 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-762-for-parentscarers-in-herts-registration-1307006775449>

COPING with CHANGE



- How children feel about and react to change.
- Prepare children for big changes such as starting a new school.
- Coping with small day to day changes.
- Responding to children when they are struggling.
- Learn from new experiences.

Wednesday 21st May, 7.30-9.15pm

Workshop SL763 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-763-for-parentscarers-in-herts-registration-1308622327609?aff=oddtcreator>

RESPONDING to ANGER



- Healthy & unhealthy anger.
- How to spot the signs early.
- Our own and our children's triggers.
- Techniques that stop angry and aggressive behaviour escalating and when to use them.
- How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

Monday 9th June, 7.30-9.15pm

Workshop SL764 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-764-for-parentscarers-in-herts-registration-1301137008819>

THE TEENAGE YEARS



- Teenage brain development and how it affects a child with ASD/ADHD.
- Reducing conflict by learning how to respond effectively to difficult situations.
- How to agree appropriate boundaries and teach risk assessment.
- Help teens develop independence skills.

Wednesday 25th June, 7.30-9.15pm

Workshop SL765 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-765-for-parentscarers-in-herts-registration-1307948441999>

TECH USE



Wednesday 2nd July, 9.30-11.15am

Workshop SL766 book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-766-for-parentscarers-in-herts-registration-1307911732199?aff=oddtcreator>

- Understand your child's use of Social Media, Gaming & Internet.
- The effect of banning, strict time limits or rewards & consequences.
- Teach children to manage their tech use, stay safe and switch off.
- Improve communication and reduce conflict.
- Dopamine and other hormones.

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TALKING ASD & ADHD WORKSHOP: Responding to Anger

Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



Tuesday
2nd June 2026
9.30-11.15am



We will explore:

The difference between healthy & unhealthy anger.

The pattern that anger takes and how to spot the non-verbal signs early.

Identify our own and our children's triggers.

Techniques that stop angry and aggressive behaviour escalating and when to use them.

How to respond to our child in meltdown, keeping ourselves, our child and siblings safe.

An online parent workshop delivered to you via Zoom.

Book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-837-for-parentscarers-in-herts-tickets-1983463972134>



Contact Supporting Links
Quote ID 837

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Parent newsletter:

<https://supportinglinks.co.uk/page/png1q>

“Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately.”

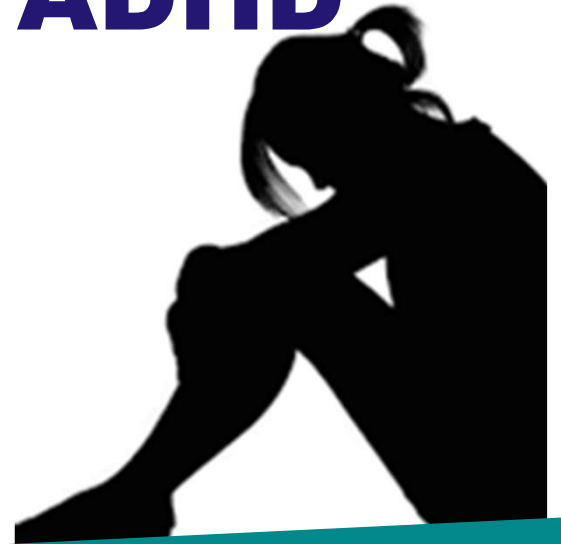


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TALKING ASD & ADHD WORKSHOP: Anxiety & Stress

Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



Monday
8th June 2026
7.30-9.15pm



We will explore:

The difference between stress and anxiety.

Understanding anxiety related conditions in ASD and/or ADHD.

Spot the signs of stress or anxiety.

Common triggers amongst neurodivergent 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.

An online parent workshop delivered to you via Zoom.

Book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-stress-anxiety-838-for-parentscarers-in-herts-tickets-1983465351259>



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I found this incredible useful. I now realise my son has generalised anxiety and given me some tools as I've been excessively trying to reassure!

TALKING ASD & ADHD WORKSHOP:

Coping with Change

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Monday
9th June 2025
7.30-9.15pm



We will explore:

How children feel about and react to change.

How to prepare children for big changes such as starting a new school or new class.

Helping children cope with small day to day changes from walking a different route, to sitting on a different seat.

Why neurodivergent children find changes so unsettling.

Responding to children when they are struggling.

An online parent workshop delivered to you via Zoom.

Book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-764-for-parentscarers-in-herts-registration-1301137008819>



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“Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately.”



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TALKING ASD & ADHD WORKSHOP:

School Avoidance

Workshops are FREE to parents and carers living in Hertfordshire of children aged 4-18yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



Monday
9th June 2025
7.30-9.15pm



We will explore:

What is Emotionally Based School Avoidance and is this what your child is experiencing?

Common causes and triggers of school avoidance.

How EBSA is affecting you and your family.

Practical steps you can take to support your child.

How to work with your school in your child's best interests.

An online parent workshop delivered to you via Zoom.

Book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-764-for-parentscarers-in-herts-registration-1301137008819>



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"This is a really stressful time for my family and this workshop did help. Helpful visuals, full of information to use and I do think I will be able to move things forward."



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TALKING ASD & ADHD WORKSHOP: Sibling Struggles



Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



Monday
9th June 2025
7.30-9.15pm

We will explore:

What to do if your children are fighting or arguing.

Dealing with jealousy and unfairness.

The pressures on siblings of a child with ASD/ADHD.

Helping your children develop a network of support.

Helping your children to communicate with each other without conflict.

Managing your own difficult feelings and helping your children to manage theirs.

An online parent workshop delivered to you via Zoom.

Book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-764-for-parentscarers-in-herts-registration-1301137008819>



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'This workshop came at just the right time for my children. I know I am going to be able to help them both now I feel confident.'

TALKING ASD & ADHD WORKSHOP:

Tech Use

Workshops are FREE to parents and carers living in [Hertfordshire](#) of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



Tuesday
16th June 2026
7.30-9.15pm



We will explore:

Understand your child's use of Social Media, Gaming & the Internet.

The effect of banning, strict time limits or using devices as a reward or consequence.

Teach children how to manage their tech use, stay safe online and switch off.

Improve communication and reduce conflict.

Dopamine and other hormones.

"I now understand why we have been getting into so much conflict."

"Thank you for all your advice. Tech is such a tricky issue to navigate."

An online parent workshop delivered to you via Zoom.

Book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-839-for-parentscarers-in-herts-tickets-1983467129578>



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TALKING ASD & ADHD WORKSHOP: The Teenage Years



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**Wednesday
24th June 2026
7.30-9.15pm**

We will explore:

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 / teen relationship.

How to agree appropriate boundaries and teach risk assessment.

Adapting our parenting approach to help our teens develop independence skills.

“I found the teenage brain fascinating. Lots of penny dropping moments!”

“I feel better equipped for the years ahead.”

An online parent workshop delivered to you via Zoom.

Book via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-840-for-parentscarers-in-herts-tickets-1983477366196>



**Or contact Supporting Links
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