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ADD-vance THE ADHD AND AUTISM TRUST

Parent & Carer Training

ADD-vance provides a range of training courses and workshops for parent carers, including our popular 6-week courses and a variety of more focused workshops on different topics.

All our training is provided by two specialist and fully qualified trainers. Trainers are also 'experts by experience'; we all have children with ADHD and/or Autism and many of us have a diagnosis ourselves!

We do our best to include a range of days and times to allow as many people to access our training as possible.

We are now running some face to face courses as well as our online courses and workshops, via Zoom. For full details of current courses and workshops and to book your FREE tickets, please see [eventbrite](#).

Upcoming Training

If you want to be sure you do not miss any opportunities, register as a member to receive details of upcoming courses and workshops as soon as they are available to book. We only email with information on upcoming events and training, we never spam and we never pass your data on to other groups who may try to market to you. You can register by clicking on the member banner below or [here](#).

FREE ONLINE workshops for parents/carers

We are delighted to offer a programme of FREE ONLINE SPRING 2024 WORKSHOPS for parents/carers funded by Hertfordshire County Council.

THE SEND JOURNEY WORKSHOPS

Identifying ADHD and/or Autism

Preparing for Adulthood (14+)

Support for Dads and Other Male Carers

Supporting Siblings

PSYCHO-EDUCATION WORKSHOPS

Understanding ADHD

Understanding ADHD in Girls

Understanding Anxiety

Understanding Autism

Understanding Autism in Girls
Understanding Challenging Behaviour
Understanding Medication Options
Understanding Neurodiverse Teens
Understanding PDA
Understanding Sensory Differences

SKILL BUILDING WORKSHOPS

Tips & Tools to Build Self Esteem
Tips & Tools to Encourage Positive Behaviour
Tips and Tools to Manage Anger
Tips and Tools to Manage Anxiety
Tips & Tools to Manage Eating Difficulties
Tips & Tools to Manage Everyday Changes (Transitions)
Tips & Tools to Manage School Avoidance
Tips and Tools to Manage Sensory Differences
Tips and Tools to Support your Child through Puberty
Tips & Tools to Support Communication
Tips & Tools to Support Emotional Development
Tips and Tools to Support Learning (Executive Function)
Tips & Tools to Support Social Skills

For more information, please see our [spring 2024 workshop poster](#). To book your FREE ticket, please visit [eventbrite](#).

These workshops are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only.

FREE ONLINE and face to face six week courses for parents/carers

Understanding ADHD and Autism ONLINE 6 week course for parents/carers

This interactive course is designed for parents/carers of children aged 5 to 14 yrs (primary course age 5 to 11) with a diagnosis or suspected diagnosis of ADHD and/or Autism. This includes a specific course for Dads and for parents/carers of girls. We also offer this course for parents/carers of children aged 2 – 5 yrs.

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

- Understanding ADHD, Autism and related conditions
- Building your child's self-esteem
- Understanding anxiety and anger triggers
- Reducing meltdowns and other behaviours which challenge
- Developing positive behaviour strategies
- Working collaboratively with school
- Knowing your rights and how to advocate for your child
- Reducing your own stress levels
- Managing the needs of siblings
- Improving communication as a family
- Connecting with other families and sharing experiences
- Signposting to useful resources and local support networks.

For more information, please see our [spring 2024 early years poster](#), [spring 2024 primary years poster](#), [spring 2024 dads course poster](#) and [spring 2024 girls course poster](#). To book your FREE ticket, please visit [eventbrite](#). Bookings open at 7 pm on Monday 4th December.

Understanding Teens with ADHD and Autism 6 week courses for parents/carers

This interactive course is designed for parents/carers of children aged 12 to 15 yrs with a diagnosis or suspected diagnosis of ADHD and/or Autism. A basic knowledge of ADHD and/or Autism is assumed. Every course is bespoke to the needs of each group. Learning outcomes include:

- Understanding the challenges faced by teens living with ADHD and/or Autism
- Helping your teen to understand themselves better and develop their identity
- Exploring your parenting style and how this may impact your teen
- Considering the importance of communication and empathy
- Using positive behaviour strategies which work for teens
- Supporting your teen to develop healthy relationships with others
- Understanding why your teen is more likely to feel anxious or angry
- Developing strategies to help them manage and regulate emotions
- Spotting the signs of secondary mental health disorders

- Understanding how to manage growing levels of independence safely
- Building a positive, collaborative relationship with school
- Planning for the future
- Signposting to useful resources and local support networks.

For more information, please see our [spring 2024 teens course poster](#). To book your FREE ticket, please visit [eventbrite](#).

Bookings open at 7 pm on Monday 4th December.

These courses are funded by Hertfordshire County Council's Targeted Parenting Fund and are open to residents of Hertfordshire only