

# HERTFORDSHIRE BEE YOU



## Understanding my **Autism** and **ADHD**

A new virtual service, jointly commissioned by Hertfordshire County Council and the NHS, supporting autistic/ADHD children & young people.

Offering tailored support for autistic/ADHD children & young people aged from 7-16 years on a range of weekly topics.

**All sessions will be held online.**



**FREE ONLINE SUPPORT AVAILABLE TO YOU!**

Family and Health Services Commissioning



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For ages 5-10 years, the weekly topics are:

- Session 1: What is autism and ADHD? What strengths does this bring us?
- Session 2: Introductory session to the course – getting to know each other
- Session 3: Learning about ourselves.
- Session 4: Friendships
- Session 5: Managing School.
- Session 6: Preparing for change as we grow up.
- Session 7: Body Scanning, how am I feeling?
- Session 8: Emotional Regulation
- Session 9: Masking / Internal Presentation
- Session 10: Myth Busting – what do people expect from me?



Contact us for dates!

✉ [hertsbeeyou@autismoxford.org.uk](mailto:hertsbeeyou@autismoxford.org.uk)



# HERTFORDSHIRE BEE YOU



For ages 11-16 years, the weekly topics are:

**Session 1:** What is autism and ADHD? What strengths does this bring us?

**Session 2:** Executive Functioning

**Session 3:** Friendships & Relationships

**Session 4:** Emotional Regulation

**Session 5:** Female Puberty

**Session 6:** Male Puberty

**Session 7:** Body Scanning, how am I feeling?

**Session 8:** Managing School

**Session 9:** Masking / Internal Presentation

**Session 10:** Myth Busting – what do people expect from me?



Scan the QR code to complete the contact form for a referral and further information.

Email [hertsbeeyou@autismoxford.org.uk](mailto:hertsbeeyou@autismoxford.org.uk) if you require further assistance.

