



## 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



## HERTFORDSHIRE BEE YOU



## 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?

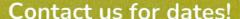
Session 8: Emotional Regulation

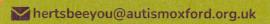
Session 9: Masking / Internal Presentation

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



Hertfordshire







## **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 if you require further assistance.



