

# TALKING ASD & ADHD WORKSHOP: SCHOOL AVOIDANCE

For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.



**THURSDAY**  
**10th November 2022**  
**12.30 - 2.30pm**

## We will help you to learn about:

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.

Where to access further help and support, both locally and nationally.

"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."

**An online parenting workshop delivered to your home via Zoom**

Full details on how to access and use this will be offered. 

**Open to parents and carers across Hertfordshire**

**Pre-booking essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-school-avoidance-for-parentscarers-in-herts-542-registration-374164133997>

Or contact Supporting Links  
**QUOTING REFERENCE SL542**

01442 300185

[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)

[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)

Follow on:



This workshop is provided free to parents by Hertfordshire County Council



# Parent & Carer Support TALKING ASD & ADHD Workshops Autumn Term 2022



For parents and carers of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

## ANXIETY and STRESS

- The difference between stress and anxiety.
- Understanding anxiety related conditions amongst young people with ASD and/or ADHD.
- How to spot the non-verbal signs of stress.
- Common triggers amongst neurodiverse 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.
- Where to access further help and support, locally and nationally.

## RESPONDING TO ANGER

- 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.
- Where to access further help and support, both locally and nationally.

Info@supportinglinks.co.uk  
www.supportinglinks.co.uk

Follow on:



**Wednesday 23<sup>rd</sup> November  
9.30-11.30am**

**Workshop 535 Pre-booking  
essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-535-registration-368851594047>

**Thursday 29<sup>th</sup> September  
7.30-9.30pm**

**Workshop 536 Pre-booking  
essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/asd-adhd-anxiety-and-stress-for-parentscarers-in-herts-536-registration-369897783227>

**Thursday 20<sup>th</sup> October  
9.30-11.30am**

**Workshop 537 Pre-booking  
essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-adhd-responding-to-anger-for-parentscarers-in-herts-537-registration-369911333757>

**Wednesday 7<sup>th</sup> December  
7.30-9.30pm**

**Workshop 538 Pre-booking  
essential via Eventbrite Link:**

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-responding-to-anger-for-parentscarers-in-herts-538-registration-369918374817>



**Workshops are open to parents and carers living in Hertfordshire**

# THE ST. ALBANS CYCLE HUB

IN THE COMMUNITY FOR THE COMMUNITY

GREAT PRICES  
AND FRIENDLY  
SERVICE

UPDATE!  
OUR OCTOBER HALF TERM  
COURSES ARE NOW AVAILABLE  
TO BOOK VIA OUR WEBSITE

£8 - GEAR ADJUSTMENT  
£8 - BRAKE ADJUSTMENT  
£30 - SERVICES START  
FROM  
£14.50 - PUNCTURE  
REPAIR (WITH TUBE)



£28 - BIKEABILITY  
(SUBSIDISED)  
£50 - LEARN 2  
RISE (4 SESSIONS)  
£40 - ONE-TO-ONE  
INDIVIDUALLY  
TAILORED

Address:

St. Albans Cycle Hub, Cottonmill Community  
and Cycling Centre,  
Old Oak, Cottonmill Lane,  
St. Albans, Herts, AL1 2EF

Contact us via:

Phone: 07960 742382

Email: [info@stalbanscyclehub.org.uk](mailto:info@stalbanscyclehub.org.uk) Web: [www.stalbanscyclehub.co.uk](http://www.stalbanscyclehub.co.uk)



REGISTER FOR  
YOUR PLACE  
NOW!  
*It's freeeee!*

# FEED YOUR FAMILY ON A BUDGET MASTERCLASS!

Food shop costing more each week? Energy bills going up? Worried about rising household costs?

As qualified nutritionists we are here to offer some tips and ideas to help support you in finding ways to make sustainable changes that are cheaper AND healthier.

This workshop covers:

- Challenges to feeding a family on a budget
- Lower cost healthy swaps
- How meal planning can help to keep costs down
- Shopping tips to stick to the list and the budget
- Do cooking methods make a difference?
- Helpful resources
- Q&A opportunity to share your ideas and tips!

**SIGN UP FOR FREE  
ON EVENTBRITE!**



## TWO DATES TO CHOOSE FROM:

Tuesday 4th October 12:00 - 13:00  
Wednesday 26th October 18:00 - 19:00





Open All School  
Holiday

# Holiday Club

for children aged  
3-12 years

8.00am - 6.00pm

St Alban & St Stephen  
Catholic Primary School

St Albans AL15EG

**Choose Fun**



For timetables and bookings go to  
**fun-fest.co.uk**

email: [stalbansoffice@funfestholidayclub.co.uk](mailto:stalbansoffice@funfestholidayclub.co.uk)

**Tel: 07767 877198**