

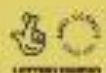
MishMash Productions presents

STRANGE CREATURES

Magical, theatrical chamber
music gently exploring
childhood and belonging.

For children aged 4 – 7
and their families/schools.

Strange Creatures is inspired by the book
Beegu, written and illustrated by Alexis
Deacon and performed by arrangement with
Penguin Random House Children's Publishers
UK, a Penguin Random House company.



Supported through funding by
**ARTS COUNCIL
ENGLAND**

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

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 23rd 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 29th 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 20th 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 7th 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



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

