



FREE ONLINE SPRING 2023 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by HCC	Audience	Day	Date	Time
Diagnosing ADHD and/or Autism	Parents/carers	Thu	5.1.23	10:00 - 11.30
Understanding ADHD	Parents/carers	Mon	9.1.23	10:00 - 11.30
Caring for Your Child (and Yourself)	Parents/carers	Tues	10.1.23	10:00 - 11.30
Tips & Tools to Build Self-Esteem	Parents/carers	Wed	11.1.23	10:00 - 11.30
Tips & Tools for Sleep	Parents/carers	Wed	11.1.23	19:00 - 20:30
Working in Partnership with School	Parents/carers	Mon	16.1.23	10:00 - 11.30
Tips & Tools to Support Communication	Parents/carers	Wed	18.1.23	10:00 - 11.30
Understanding Autism	Parents/carers	Wed	18.1.23	19:00 - 20:30
Applying for an EHCP	Parents/carers	Mon	23.1.23	10:00 - 11.30
Understanding PDA	Parents/carers	Tue	24.1.23	10:00 - 11.30
Tips & Tools to Teach Emotional Literacy	Parents/carers	Wed	25.1.23	10:00 - 11.30
Tips & Tools for Toileting	Parents/carers	Wed	25.1.23	19:00 - 20:30
Preparing for an EHCP Annual Review	Parents/carers	Mon	30.1.23	10:00 - 11.30
Understanding ADHD in Girls	Parents/carers	Tue	31.1.23	10:00 - 11.30
Tips & Tools to Support Learning	Parents/carers	Wed	1.2.23	10:00 - 11.30
Support for Dads	Parents/carers	Mon	6.2.23	19:00 - 20:30
Understanding Autism in Girls	Parents/carers	Tue	7.2.23	10:00 - 11.30
Tips & Tools to Manage Everyday Change	Parents/carers	Wed	8.2.23	10:00 - 11.30
Half Term				
Supporting Siblings	Parents/carers	Mon	20.2.23	10:00 - 11.30
Understanding Challenging Behaviour	Parents/carers	Tue	21.2.23	10:00 - 11.30
Tips & Tools to Manage Anger	Parents/carers	Wed	22.2.23	19:00 - 20:30
Supporting Transition into Primary School	Parents/carers	Mon	27.2.23	10:00 - 11.30
Understanding Sensory Differences	Parents/carers	Tue	28.2.23	10:00 - 11.30
Tips & Tools for Self Harm	Parents/carers	Wed	1.3.23	10:00 - 11:30
Tips & Tools to Manage Sensory Differences	Parents/carers	Wed	1.3.23	19:00 - 20:30
Supporting Transition into Secondary School	Parents/carers	Mon	6.3.23	10:00 - 11.30
Understanding Anxiety	Parents/carers	Tue	7.3.23	10:00 - 11.30
Tips & Tools to Support Puberty	Parents/carers	Wed	8.3.23	10:00 - 11.30
Tips & Tools to Manage Anxiety	Parents/carers	Wed	8.3.23	19:00 - 20:30
Tips & Tools for Positive Behaviour	Parents/carers	Mon	13.3.23	10:00 - 11.30
Preparing for Adulthood (14+)	Parents/carers	Wed	15.3.23	10:00 - 11.30
Understanding Neurodiverse Teens	Parents/carers	Wed	15.3.23	19:00 - 20:30
Tips & Tools to teach Social Skills	Parents/carers	Mon	20.3.23	10:00 - 11.30
Thinking About College?	Parents/carers	Tue	21.3.23	10:00 - 11.30
Thinking About University?	Parents/carers	Wed	22.3.23	10:00 - 11.30