TALKING ASD & ADHD WORKSHOP:

Responding to Anger



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

Supporting Links
Promoting Strong Family Relationships

Tuesday
23rd September 2025
9.30-11.15am

We will explore:

- The difference between healthy & unhealthy anger.
- The pattern that anger takes and how to spot the non-verbal signs early.
- Identify 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.

An online parent workshop delivered to you via Zoom.

Booking essential via Eventbrite:

https://www.eventbrite.co.uk/e/asd-adhd-responding-to-anger-781-for-parentscarers-in-herts-registration-1413258727899?aff=oddtdtcreator

Or contact Supporting Links Quote ID 781

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

"Tackled some complex areas really well. Helpful visuals, full of information to use in the real world. Can definitely use some of the concepts immediately."

Funded by Hertfordshire County Council's Targeted Parenting Fund

Hertfordshire

Information you share with us is used to process your booking. This will be held securely and only shared in accordance with our GDPR Policy.

TALKING ASD & ADHD WORKSHOP:

The Teenage Years



Workshops are FREE to parents and carers living in Hertfordshire of children aged 11-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

Supporting Links
Promoting Strong Family Relationships

Monday
13th October 2025
7.30-9.15pm

We will explore:

Teenage brain development and how it affects a child with ASD/ADHD.

Reducing conflict by learning how to respond effectively to difficult situations.

Strengthening your parent / teen relationship.

How to agree appropriate boundaries and teach risk assessment.

Adapting our parenting approach to help our teens develop independence skills.

An online parent workshop delivered to you via Zoom.

Booking essential via Eventbrite:

https://www.eventbrite.co.uk/e/talking-asd-adhd-the-teenage-years-782-for-parentscarers-in-herts-registration-1417376895449?aff=oddtdtcreator

Or contact Supporting Links Quote ID 782

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

"I found the teenage brain fascinating. Lots of penny dropping moments!"

"I feel better equipped for the years ahead."

can parent

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Hertfordshire

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TALKING ASD & ADHD WORKSHOP:

School Avoidance



Workshops are FREE to parents and carers living in Hertfordshire of children aged 4-18yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

Supporting Links
Promoting Strong Family Relationships

Monday
10th November 2025
7.30-9.15pm

We will explore:

- 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.

An online parent workshop delivered to you via Zoom.

Booking essential via Eventbrite:

https://www.eventbrite.co.uk/e/talking-asd-adhd-school-avoidance783-for-parentscarers-in-herts-registration-1417463965879?aff=oddtdtcreator

Or contact Supporting Links
Quote ID 783

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

"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."

Funded by Hertfordshire County Council's Targeted Parenting Fund

Hertfordshire

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TALKING ASD & ADHD WORKSHOP:

Tech Use



Workshops are FREE to parents and carers living in Hertfordshire of children aged 2-25yrs with suspected or diagnosed Autistic Spectrum Disorder and/or Attention Deficit Hyperactivity Disorder.

Supporting Links
Promoting Strong Family Relationships

Monday 24th November 2025 7.30-9.15pm

We will explore:

Why it is so hard for children to switch off and what you can do to help.

What you can do to support any difficulties with behaviour when your child is playing.

The effect of using their devices as a reward or consequence.

What you can do to keep your child safe online.

Teaching your child to develop their own methods of regulating device use and staying safe.

An online parent workshop delivered to you via Zoom.

Booking essential via Eventbrite:

https://www.eventbrite.co.uk/e/talking-asd-adhd-tech-use-784-for-parentscarers-in-herts-registration-1417436894909?aff=oddtdtcreator

Or contact Supporting Links Quote ID 784

01442 300185

info@supportinglinks.co.uk

www.supportinglinks.co.uk

"I now understand why we have been getting into so much conflict.''

"Thank you for all your advice. Tech is such a tricky issue to navigate."

Funded by Hertfordshire County Council's Targeted Parenting Fund

Hertfordshire

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