

TALKING ASD & ADHD WORKSHOP:

COPING with CHANGE



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.



**Wednesday
21st May 2025
7.30 - 9.15pm**

We will explore:

- How children feel about and react to change.
- How to prepare children for big changes such as starting a new school or new class.
- Helping children cope with small day to day changes from walking a different route, to sitting on a different seat.
- Why neurodivergent children find changes so unsettling.
- Responding to children when they are struggling

"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."

**An online parent workshop
delivered to your home via
Zoom.**

**FREE for parents and carers
living or with a child in
school in Hertfordshire**

Booking essential via Eventbrite:

<https://www.eventbrite.co.uk/e/talking-asd-adhd-coping-with-change-763-for-parentscarers-in-herts-registration-1308622327609?>



**Or contact Supporting Links
QUOTING REFERENCE SL763**

01442 300185

info@supportinglinks.co.uk



Funded by Hertfordshire
County Council Targeted
Parenting Fund

