

# Talking ASD & ADHD Workshops: THE TEENAGE YEARS

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



**Wednesday  
2nd December 2020  
7.30 - 9.30pm**



## We will help you to learn about:

- 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/child relationship.
- How to agree appropriate boundaries and teach risk assessment.
- Adapting our parenting approach to help our teens become independent adults.
- Where to access further help and support, both locally and nationally.

## AN ONLINE PARENTING COURSE DELIVERED TO YOUR HOME VIA ZOOM



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

## OPEN TO PARENTS AND CARERS ACROSS HERTS

'I tried the techniques and was amazed at the outcome.'

## Pre-booking essential via Eventbrite

<https://www.eventbrite.co.uk/e/talking-asd-and-adhd-the-teenage-years-for-parentscarers-in-herts-registration-120520938371>

Or contact **Supporting Links**  
**QUOTING REFERENCE SL404**

**01442 300185**  
**info@supportinglinks.co.uk**  
**www.supportinglinks.co.uk**