

# Targeted Parenting Courses & Workshops - Summer Term 2024

## Autism and ADHD workshops for parents

Early Help Commissioning have commissioned workshops, between 1-2hrs, on a variety of different topics to support parents when an issue comes up, enabling them to 'dip in and out' for support when necessary.

Topics on offer include:

- Anxiety
- Girls with ADHD or Autism
- Transitions
- Siblings
- Understanding the SEN world
- Anger
- Sleep
- Executive functioning skills
- Puberty
- And more...

We have also commissioned webinars to support parents on a variety of different topics with titles including:

- Understanding Autism
- Understanding ADHD
- Navigating SEND World
- Navigating SEND Post 16

These workshops and webinars are fully funded. Parents can self-refer and do not need a formal diagnosis of Autism/ADHD. You can find all workshops and webinars through the [Local Offer](#)

## Strengthening Families, Strengthening Communities

We are now taking referrals for our Summer Term 13-week face-to-face courses which will be running throughout the county.

Alternatively, if a parent cannot attend the face-to-face course, we have the 6-week online course that is facilitated by Race Equality Foundation.

Parents must be referred or self-refer to us.

For more information and how to refer, following this link.

[Strengthening Families Strengthening Communities parenting course | Hertfordshire County Council](#)



For full details of each course and how to refer to providers please go to [www.hertfordshire.gov.uk/parentingsupport](http://www.hertfordshire.gov.uk/parentingsupport) or visit the providers links.

If you have any professional questions for Family and Health Services Commissioning, please email [EHCommissioning@hertfordshire.gov.uk](mailto:EHCommissioning@hertfordshire.gov.uk)

Provider	District	Course	Dates and Times
 <p>Courses can be booked on Eventbrite using the following link;  <a href="#">ADD-vance Parent Courses   Eventbrite</a></p> <p>You can also email: <a href="mailto:herts@add-vance.org">herts@add-vance.org</a> or call on 01727 833963 for more information.</p> <p><b>Website:</b> <a href="#">ADD-vance</a></p>	Face-to-Face St Albans	Understanding ADHD and Autism in the Early Years	16.04.2024 - 21.05.2024 6 weeks on Tuesdays 9:30am - 11:30 am
	Online	Understanding ADHD and Autism for Dads	17.04.2024 - 22.5.2024 6 weeks on Wednesdays 7pm - 9 pm
	Online	Understanding ADHD and Autism in the Teen Years	18.04.2024 - 23.05.2024 6 weeks on Thursdays 10 am - 12 pm
	Online	Understanding ADHD and Autism in Girls	04.06.2024 – 09.07.2024 6 weeks on Tuesdays 10 am - 12 pm
	Online	Understanding ADHD and Autism for Dads	05.06.2024 – 10.07.2024 6 weeks on Wednesdays 7pm - 9 pm
	Online	Understanding ADHD and Autism in the Primary Years	06.06.2024 – 11.07.2024 6 weeks on Thursdays 7pm - 9 pm
 <p>To view courses, you can click the name of the course. You can also email <a href="mailto:training@spaceherts.org.uk">training@spaceherts.org.uk</a> or call us on 01920452270 for more information</p> <p><b>Website:</b> <a href="#">SPACE Hertfordshire – Supporting families in Hertfordshire   Autism   ADHD   Neurodiversity (spaceherts.org.uk)</a></p>	Online	Navigating the SEND World	18.04.2024 – 09.05.2024 4 weeks on Thursdays 6:30pm – 8:30pm
	Online	Neurodiversity in Girls and Women (ADHD and Autism)	23.04.2024 – 14.05.2024 4 weeks on Tuesdays 10am – 12pm
	Online	Talking SENSory- Signs, Signals and Solutions	04.06.2024 – 18.06.2024 3 weeks on Tuesdays 10am – 12pm



Courses can be booked by emailing  
[bookings@familiesinfocus.co.uk](mailto:bookings@familiesinfocus.co.uk)

You can also call us on 01442 219720 for more information.

**Website:** [Families in Focus – Looking forward together](#)

Online	Complete guide to parenting children	16.04.2024 – 25.06.2024 10 weeks on Tuesdays 9:30am - 11:30am
Online	Complete guide to parenting children	16.04.2024 – 25.06.2024 10 weeks on Tuesdays 6:30pm – 8:30pm
Online	Handling anger in your child with ADHD/ASD	17.04.2024 – 22.05.2024 6 weeks on Wednesdays 9:30am – 11:30am
Online	Handling anger in your child with ADHD/ASD	17.04.2024 – 22.05.2024 6 weeks on Wednesdays 6:30pm – 8:30pm
Online	Handling anger in your family	15.04.2024 – 20.05.2024 6 weeks on Mondays 6:30pm – 8:30pm
Online	Handling anger in your child with ADHD/ASD	03.06.2024 – 08.07.2024 6 weeks on Mondays 9:30am – 11:30am
Online	Handling anger in your child with ADHD/ASD	05.06.2024 – 10.07.2024 6 weeks on Wednesdays 6:30pm – 8:30pm
Online	Handling anger in your family	05.06.2024 – 10.07.2024 6 weeks on Wednesdays 9:30am – 11:30am
Online	Handling anger in your family	06.06.2024 – 11.07.2024 6 weeks on Thursdays 9:30am – 11:30am



Courses can be booked by emailing [booking@supportinglinks.co.uk](mailto:booking@supportinglinks.co.uk)

or call us on 07512 709556 or 01442 300185 or for more information

Website: [Supporting Links Home](#)

Online	Talking Additional Needs	18.04.2024 – 23.05.2024 6 weeks on Thursdays 9:30am – 11:30am
Online	Talking Additional Needs	04.06.2024 – 09.07.2024 6 weeks on Tuesdays 8pm – 9:30pm
Online	Talking Families	04.06.2024 – 09.07.2024 6 weeks on Tuesdays 9:30am – 11:30am
Online	Talking Anger in Families	17.04.2024 – 22.05.2024 6 weeks on Wednesdays 8pm – 9:30pm
Online	Talking Anxiety in Teens	04.06.2024 – 09.07.2024 6 weeks on Tuesdays 7:45pm – 9:15pm
Online	Talking Families	16.04.2024 – 21.05.2024 6 weeks on Tuesdays 7:45pm – 9:15pm
Online	Talking Teens	17.04.2024 – 22.05.2024 6 weeks on Wednesdays 7:45pm – 9:30pm
Face-to-Face Bushey	Talking Teens	05.06.2024 – 10.07.2024 6 weeks on Wednesdays 7:45pm – 9:15pm
Online	Talking Dads	18.04.2024 – 23.05.2024 6 weeks on Thursdays 7:45pm – 9:15pm
Online	Talking Dads	05.06.2024 – 10.07.2024 6 weeks on Wednesdays 7:45pm – 9:15pm

 <p><i>Listening, supportive and non-judgemental</i></p> <p>We accept referrals from professionals as well as self-referrals. Please click <a href="#">referral form</a> for the online referral form.</p> <p>You can also email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a> or call us on 0204 522 8700 or 0204 522 8701 for more information</p> <p><b>Website:</b> <a href="#">Parenting and Family Support - Family Lives (Parentline Plus)   Family Lives</a></p>	Online	Bringing Up Confident ADHD/ASD Children	15.05.2024 – 26.06.2024 6 weeks on Wednesdays 7pm – 9pm
	Online	Sorting Out Family Arguments	16.05.2024 – 27.06.2024 6 weeks on Thursdays 7pm – 9pm
	Online	Less Shouting, More Cooperation	03.06.2024 – 08.07.2024 6 weeks on Mondays 9:30am – 11:30am
	Online	Getting on with Your Pre-Teen/Teenager	04.06.2024 – 09.07.2024 6 weeks on Tuesdays 7pm – 9pm

 <p>Courses can be booked by emailing <a href="mailto:enquiries@familiesfeelingsafe.co.uk">enquiries@familiesfeelingsafe.co.uk</a> or calling 07850 518216</p> <p>Website: <a href="#">Families Feeling Safe • Families Feeling Safe</a></p>	Online	Supporting Families with Protective Behaviours - for Mums, Dads & Carers	07.05.2024 – 02.07.2024 8 weeks on Tuesdays 7pm – 9pm
	Online	Supporting Families with Protective Behaviours - Dads and Male Carers	09.05.2024 – 04.07.2024 8 weeks on Thursdays 7pm – 9pm
	Online	Supporting Families with Protective Behaviours - Mums, Dads & Carers	04.06.2024 – 09.07.2024 6 weeks on Tuesdays 9:30am – 11:30am
	Face-to-Face Broxbourne	Supporting Families with Protective Behaviours	03.05.2024 – 05.07.2024 9 weeks on Fridays 9:30am – 11:30am