

**A free evening workshop
for parent/carers**

**Delivered by ADHD/Autism
Specialist Trainers
from ADD-vance**



Dacorum DSPL Area 8 are pleased to present

Managing Anger and Emotional Self-Regulation for Parent/Carers

This 2-hour workshop is designed to meet the needs of parent/carers to help them build on existing skills in supporting children with ADHD and Autism

**The workshop will take place between 7 pm - 9 pm
on
Wednesday 17th July 2019
at**

**Willow Room, Hobbs Hill Wood Primary School,
Peascroft Road, Hemel Hempstead HP3 8ER**

To book, please call Ashley Fabray on 07525 917125 or email fabraya@kls.herts.sch.uk
Places are limited, so please do book early to avoid disappointment

Please note that this course is only open to Dacorum parents/carers

DSPL | Delivering Special
Provision Locally
Achieving quality outcomes

Who is this workshop for?

Parent/carers of children/young people aged 5 –14 with a diagnosis or suspected diagnosis of ADHD and/or Autism

What are the Learning Outcomes?

This workshop is designed to help parent/carers of a child with ADHD and/or Autism:

- Increase their understanding as to why their children are more likely to experience anger, leading to more distressed/challenging behaviour
- Understand emotional self-regulation
- Develop and share strategies to support their child with their emotional self-regulation, including managing anger

What methods will be used at the workshop?

Presentation and small group work

What will be provided?

- Light refreshments
- Workshop learning pack

When and where will the workshops take place?

Willow Room
Hobbs Hill Wood Primary School
Peascroft Road
Hemel Hempstead
HP3 8ER

On Wednesday 17th July 2019, from 7 pm to 9 pm

How do I book a place?

Please book via: <https://dspl8.eventbrite.co.uk/>