



# FREE ONLINE AUTUMN 2026 WORKSHOPS FOR HERTS PARENTS/CARERS

Online Workshops funded by Hertfordshire County Council	Day	Date	Time
Identifying ADHD and/or Autism	Mon	7.9.26	19:00 - 20:30
Understanding Autism	Wed	9.9.26	10:00 - 11:30
Understanding Autism for Parents/Carers of Girls	Mon	14.9.26	19:00 - 20:30
Understanding ADHD and Autism in the Early Years	Wed	16.9.26	10:00 - 11:30
Understanding PDA	Mon	21.9.26	19:00 - 20:30
Understanding ADHD	Wed	23.9.26	10:00 - 11:30
Understanding Neurodivergent Teens	Mon	28.9.26	19:00 - 20:30
Supporting Siblings	Wed	30.9.26	10:00 - 11:30
Understanding Challenging Behaviour	Mon	5.10.26	10:00 - 11:30
Tips & Tools to Manage Anger	Wed	7.10.26	10:00 - 11:30
Understanding Sensory Differences	Mon	12.10.26	19:00 - 20:30
Tips & Tools to Manage Sensory Differences	Wed	14.10.26	10:00 - 11:30
Preparing for Adulthood (14+)	Mon	19.10.26	19:00 - 20:30
Understanding Self-Harm	Wed	21.10.26	10:00 - 11:30
<b>Half Term</b>			
Support for Dads and Other Male Carers	Mon	2.11.26	19:00 - 20:30
Applying for an EHCP	Wed	4.11.26	10:00 - 11:30
Understanding Anxiety	Mon	9.11.26	19:00 - 20:30
Tips & Tools to Manage Anxiety	Wed	11.11.26	10:00 - 11:30
Tips & Tools to Manage School Absence	Fri	13.11.26	10:00 - 11:30
Working in Partnership with School	Mon	16.11.26	10:00 - 11:30
Tips & Tools for Toileting	Wed	18.11.26	10:00 - 11:30
Tips & Tools to Support Communication	Mon	23.11.26	19:00 - 20:30
Tips & Tools to Support Social Skills	Wed	25.11.26	10:00 - 11:30
Tips & Tools to Build Self-Esteem	Mon	30.11.26	10:00 - 11:30
Tips & Tools to Support Emotional Development	Wed	2.12.26	10:00 - 11:30
Tips & Tools for Positive Behaviour	Mon	7.12.26	19:00 - 20:30
Tips & Tools to Manage Everyday Changes	Wed	9.12.26	10:00 - 11:30

"What a fantastic workshop - thank you so much!  
I've taken away a wealth of information"

"Absolutely incredible workshop, it has  
been extremely beneficial to my child"