

# TALKING ASD & ADHD WORKSHOP: ANXIETY & STRESS

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  
14th May 2025  
9.30-11.15am**

## **We will explore:**

- The difference between stress and anxiety.
- Understanding anxiety related conditions in ASD and/or ADHD.
- Spot the signs of stress or anxiety.
- Common triggers amongst neurodivergent children.
- What an anxious child needs to feel safe and how to provide this.
- Strategies to engage an anxious or stressed child.
- The early warning signs of mental health problems.

**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-stress-anxiety-762-for-parentscarers-in-herts-registration-1307006775449>



**Or contact Supporting Links  
QUOTING REFERENCE SL762**

**01442 300185**

**[info@supportinglinks.co.uk](mailto:info@supportinglinks.co.uk)  
[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**



**"I have been on a few courses to help me with my son, this was by far the most helpful."**



Funded by Hertfordshire  
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