

TALKING ASD & ADHD WORKSHOP: THE TEENAGE YEARS



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
25th June 2025
7.30-9.15pm**

We will explore:

- 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 develop independence skills.

"I feel better equipped for the years ahead."

"I found the 'teenage brain' fascinating.
Lots of penny dropping moments!"

**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-the-teenage-years-765-for-parentscarers-in-herts-registration-1307948441999>



**Or contact Supporting Links
QUOTING REFERENCE SL765**

01442 300185

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



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