

A DSPL2 free daytime  
workshop for parent/carers

Delivered by ADHD/Autism  
Specialist Trainers  
from ADD-vance



**DSPL2 are pleased to present**

# **Managing Anger and Anxiety 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/or Autism

**The workshop will take place between 10 am - 12 pm**

**on**

**Wednesday 27th November 2019**

**at**

**The Oak Suite, Peartree Spring Primary School**

**Hydean Way, Stevenage SG2 9GG**

To book, please email [d.hansen@peartreespring.herts.sch.uk](mailto:d.hansen@peartreespring.herts.sch.uk)  
Places are limited, so please do book early to avoid disappointment

Please note that this course is only open to Stevenage, Knebworth, Datchworth, Benington, Walkern, Aston and Graveley parent/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 Attention Deficit Hyperactivity Disorder (ADHD) or Autism

## **What are the Learning Outcomes?**

The workshop is designed to help parent/carers:

- Have a better understanding of why children and young people with Autism and ADHD are more likely to experience anxiety, anger and distressed behaviour
- Learn, share and develop strategies for dealing with and preventing anxiety in children and young people with Autism/ADHD
- Identify a low arousal approach for support through stressful situations

## **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?**

The Oak Suite  
Peartree Spring Primary School  
Hydean Way  
Stevenage  
SG2 9GG

On Wednesday 27th November 2019, from 10 am to 12 pm

## **How do I book a place?**

Please book via [d.hansen@peartreespring.herts.sch.uk](mailto:d.hansen@peartreespring.herts.sch.uk)  
We will then confirm your booking