



QUICK LINKS				
SEND	<a href="#">Local</a> Offer	Up on <a href="#">Downs</a>	DS <a href="#">Achieve</a>	<a href="#">Lending</a> SPACE
	North Herts <a href="#">Family</a> Centre	<a href="#">Abilities</a> in Me	Down's <a href="#">Syndrome</a> Listening Service	
Autism, ADHD, Neurodiversity	Angels <a href="#">Support</a> Group	<a href="#">ADD</a> -vance	<a href="#">SPACE</a> in Herts	<a href="#">Potential</a> Kids
	<a href="#">Ambitious</a> About Autism	Autism <a href="#">Hertfordshire</a> Transition Service for 16-20 year olds	<a href="#">SPRINGBOARD</a>	
Mental Health & Wellbeing	<a href="#">NESSie</a>	NHS Herts <a href="#">Community</a> Trust	Children's <a href="#">Wellbeing</a> Practitioners Courses and Resources	NHS <a href="#">HPFT</a> IAPT Improving Access to Psychological Therapies – online portal for mental health services
	Just <a href="#">Talk</a> Herts	<a href="#">Mind</a> Hertfordshire Network CYP Digital Wellbeing	<a href="#">WithYouth</a> (Mind Network)	First Steps <a href="#">ED</a>
	The <a href="#">Ollie</a> Foundation	Carers in Herts ( <a href="#">CAMHS</a> Support)	<a href="#">Togetherall</a>	<a href="#">BeeZee</a> Bodies
	<a href="#">Lumi Nova   Herts Mind Network Children and Young People (withyouth.org)</a> Fun, Digital Therapeutic Intervention supporting 7-12 yr olds to manage fears and anxieties		<a href="#">SandBox</a>	<a href="#">Young</a> Minds
	This May <a href="#">Help</a>	<b>Parenting &amp; Young People</b>	<a href="#">Supporting</a> Links	Families Feeling <a href="#">Safe</a>
		<a href="#">Family</a> Lives	Services for <a href="#">Young</a> People	<a href="#">Families</a> in Focus
Further Signposting	<ul style="list-style-type: none"> <li><a href="#">Contact a SEND service (hertfordshire.gov.uk)</a></li> <li><a href="#">ISL SEND Advice for Parents/Carers (hertfordshirefamiliesfirst.org.uk)</a></li> <li><a href="#">Guest Blog SFYP - Moving on from school (hertfordshire.gov.uk)</a></li> <li><a href="#">Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> <li><a href="#">Webinars   Herts Parent Carer Involvement (hertsparentcarers.org.uk)</a></li> </ul>		<ul style="list-style-type: none"> <li><a href="#">Preparing for adulthood (hertfordshire.gov.uk)</a></li> <li><a href="#">Help for children who aren't attending school regularly (hertfordshire.gov.uk)</a></li> <li><a href="#">Caring for your health into adulthood (hertfordshire.gov.uk)</a></li> <li><a href="#">Deaf and Hearing Support Service (hertfordshire.gov.uk)</a></li> <li><a href="#">SEND documents and resources (hertfordshire.gov.uk)</a></li> <li><a href="#">The Dyslexia-SpLD Trust - Parents</a></li> <li><a href="#">Home (hertssendiass.org.uk)</a></li> </ul>	

SCROLL DOWN FOR NEW AND UPCOMING COURSES



AUTISM / ADHD		
Provider	Course/Booking <b>NEW LISTING</b>	Key Topics
<b>SURVEYS</b>	<p><b>EMWiE</b>  <b>Emotional and Mental Wellbeing in Education Team</b> The Emotional and Mental Wellbeing in Education Team want to understand more about why there's been an increase of children and young people <b>struggling to regularly attend school</b>. They are asking parents and carers to share their experiences in this survey.</p>	<p><a href="#">Parent and Carer Feedback regarding their Young Person's School Avoidance (smartsurvey.co.uk)</a></p>
SEND Strategy Programme	<p>Help shape support for autistic people in Hertfordshire. Working with children, young people and adults, and their families, as well as with people in health and social care, to review and develop a strategy for supporting autistic people. Events are for autistic people, their parents, carers, and professionals and are an opportunity to <b>work together to discuss what the priorities should be for the new autism strategy</b>.</p> <p>25 April 12pm to 3pm Hertford  2 May 5:30pm to 7:30pm online  Email <a href="mailto:autismstrategy@hertfordshire.gov.uk">autismstrategy@hertfordshire.gov.uk</a> – you will need to complete a booking form.</p>	<p><a href="#">Find courses and things to do (hertfordshire.gov.uk)</a></p>
<p><b>The <a href="#">Sandbox</a></b></p> <p><b>New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</b></p>	<p><b>The Sandbox: New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</b></p> <p>The Sandbox is an NHS-funded service to support children and young people in Hertfordshire with their mental health and well-being.</p> <p>The Sandbox team would like to hear from young people and professionals working with them, to find out what resources/topics would be useful, so please let them know your ideas by emailing: <a href="mailto:nhs.operations@mindler.co.uk">nhs.operations@mindler.co.uk</a>.</p> <p>This new free NHS funded service launches on 1 April 2023 and offer a website with access to games, worksheets, group chats and online events for children, young people, their parents/carers, teachers and other professionals. The Sandbox provides access to internet enabled Cognitive Behavioural Therapy (iCBT), or one to one support from professional therapists by text, phone, online chat or video call, based on a triage of the young person's needs</p>	<ul style="list-style-type: none"> <li>• Website: 24/7</li> <li>• Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays</li> <li>• Live Chat: 10am-8pm Mondays-Fridays</li> </ul> <p>Signing up is easy and doesn't require a referral from a professional:  <a href="#">Sandbox Homepage (getcerebral.co.uk)</a></p>
NORTH HERTS FAMILY CENTRE	<p>SEND DROP IN – held monthly  <a href="#">What's On North Herts District (mailchi.mp)</a></p>	SEND Drop-In



SPACE Herts		
SPACE Herts	<a href="#">Autistic Girls Workshop Tickets, Thu 20 Apr 2023 at 10:00   Eventbrite</a>	Autistic Girls
	<a href="#">Navigating the SEND World Post 16 Tickets, Fri 21 Apr 2023 at 10:00   Eventbrite</a>	Navigating the SEND World Post 16
	<a href="#">Autism Plus: Co-occurring Conditions and Cognitive Theories Tickets, Mon 24 Apr 2023 at 10:00   Eventbrite</a>	Co-occurring Conditions and Cognitive Theories
	<a href="#">Parenting ADHD Skills (ADHD Foundation) Tickets, Tue 25 Apr 2023 at 10:00   Eventbrite</a>	Parenting ADHD Skills
	<a href="#">Understanding Behaviour as Communication: A Therapeutic Approach Tickets, Wed 26 Apr 2023 at 10:00   Eventbrite</a>	Understanding Behaviour as Communication
	<a href="#">Talking SENSory - Signs, Signals and Solutions - 2 week course Tickets, Thu 27 Apr 2023 at 19:00   Eventbrite</a>	Talking SENSory – Signs, Signals and Solutions
NHS Herts Community Trust	<a href="#">Child General Emotional Wellbeing and Regulation Tips for Parents Tickets, Tue 25 Apr 2023 at 10:00   Eventbrite</a>	Emotional Wellbeing and Regulation Tips
	<a href="#">Resilience Workshop Tickets, Wed 26 Apr 2023 at 10:00   Eventbrite</a>	Resilience Workshop
	<a href="#">Exam Stress Tickets, Thu 27 Apr 2023 at 18:00   Eventbrite</a>	Exam Stress
	<a href="#">Exam Stress Tickets, Tue 9 May 2023 at 18:00   Eventbrite</a>	Exam Stress
	<a href="#">Supporting Your Child's Self-esteem Tickets, Wed 10 May 2023 at 18:00   Eventbrite</a>	Self-Esteem
	<a href="#">Children's Wellbeing Practitioners Service   Hertfordshire Community NHS Trust (hct.nhs.uk)</a> Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	School Avoidance
Angels Support Group	<a href="http://www.angelssupportgroup.org.uk">www.angelssupportgroup.org.uk</a> <a href="#">Angels Summer Term Programme (half 1) (angelssupportgroup.org.uk)</a>	Support Groups and workshops, Meet up and Chat
Angels Support Group	Angels Support Group and NESSie <a href="#">workshops</a> <b>Tuesdays via Zoom 10am to 12pm</b> 25 April – Parent/Carer Support Group with Lorraine Jones 2 May – Workshop: Emotionally Based School Avoidance 9 May – Parent/Carer Support Group with Lorraine Jones 16 May – Workshop What makes a good EHCP and Annual Review 23 May – Parent/Carer Support Group with Lorraine Jones	Support Groups and Workshops



Angels Support Group	<b>Weds – Letchworth Meet Up and Chat</b> 10 May in partnership with Letchworth Family Support Team	Meet Up and Chat
Angels Support Group	<b>Thursdays Stevenage 10am to 12pm at Greenside School</b> 20 April – Parent/Carer Support Group with Lorraine Jones 27 April – Meet Up and Chat 4 May – Parent/Carer Support Group with Lorraine Jones 11 May – Meet Up and Chat 18 May – Parent/Carer Support Group with Lorraine Jones	Support Groups
Angels Support Group	<b>Thursday – via Zoom 7:30pm to 8:30pm</b> 27 April – Evening Parent/Carer Support Group 11 May – Evening Parent/Carer Support Group	Support Groups
	<a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> Membership (free) is required: <a href="#">Membership Application Form - Angels Support Group</a>	
Autism Hertfordshire Transition Service for 16-20 year olds	Workshops for ages 16 to 25 email <a href="mailto:Rachel.hatton@autismherts.org">Rachel.hatton@autismherts.org</a> Parents & Carers of autistic young adults (16-25)	
	<a href="#">Support Groups » Autism Bedfordshire</a>	Support Group
	<a href="#">Upcoming Events » Autism Bedfordshire</a>	Upcoming Events
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Understanding ADHD and Autism in the Early Years - FREE ONLINE 6 WK COURSE Tickets, Thu 20 Apr 2023 at 09:30   Eventbrite</a>	Early Years – Understanding ADHD and Autism
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Diagnosing ADHD and/or Autism - FREE ONLINE WORKSHOP Tickets, Tue 25 Apr 2023 at 10:00   Eventbrite</a>	Diagnosing ADHD and/or Autism
ADD-vance <a href="#">Eventbrite</a>	<a href="#">ONLINE SUPPORT GROUP for Parents/Carers of Secondary Aged Children Tickets, Tue 25 Apr 2023 at 19:30   Eventbrite</a>	Online Support parent/carers of Secondary Aged Children
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Understanding ADHD - FREE ONLINE WORKSHOP Tickets, Wed 26 Apr 2023 at 19:00   Eventbrite</a>	Understanding ADHD
ADD-vance <a href="#">Eventbrite</a>	<a href="#">Understanding Pathological Demand Avoidance (PDA)- FREE ONLINE WORKSHOP Tickets, Tue 2 May 2023 at 10:00   Eventbrite</a>	Understanding PDA
ADD-vance <a href="#">Eventbrite</a>	<a href="#">ONLINE SUPPORT GROUP for Parents/Carers of 16-24 year olds Tickets, Tue 2 May 2023 at 19:30   Eventbrite</a>	Online Support parent/carers of 16-24 year olds



Autism Uk	<a href="https://www.autism.org.uk">Social stories and comic strip conversations (autism.org.uk)</a>	Social Stories and Comic Strip Conversations
Challenging Behaviour Foundation	<a href="#">Video challenging behaviour - Challenging Behaviour Foundation</a> <a href="#">Positive Behaviour Support - Challenging Behaviour Foundation</a>	Resource – Challenging Behaviour
Recovery College online	<a href="#">Your mental health - Recovery College Online</a>	Mental Health Recovery
Give Us a Shout	<a href="#">Free, 24/7 mental health text support in the UK   Shout 85258 (giveusashout.org)</a>	Free 24/7 mental health text support
Healthwatch	<a href="#">Parents and carers voice their concerns about accessing GP Practices   Healthwatch Hertfordshire</a>	Healthwatch
This May Help	<a href="#">Home   ThisMayHelp</a> Topics include: How to support your child's mental health. How to help someone who self harms. How to moderate your child's video gaming. How to establish trust and boundaries with a teenager. What to do if you think your child has an eating disorder. How to support a child who doesn't want to go to school. How to protect my child on the internet. How to talk about mental health. How to build family resilience. Parenting a child with mental health issues. Sources of help for parents of children with mental illness.	Topics: Self-Harm Video Gaming Establish Trust and Boundaries Eating Disorder Mental Health Resilience
Down's Syndrome Association	Down's Syndrome Listening Service <a href="https://www.downs-syndrome.org.uk">Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)</a>	Down's Syndrome Listening Service
SfYP Services for Young People	SING Autism Project –discussion group 8 March 2023, 5:30pm FREE Focolare Centre, Welwyn Garden City For young people aged 13-17 with Asperger's syndrome or autism. Opportunity to meet others and join in discussion. Supportive discussions with youth workers and other young people who have autism. Relationships, confidence and resilience, staying safe, emotional wellbeing, healthy lifestyles, food, nutrition and cooking, managing money and budgeting.	<b>Booking Info:</b> Booking always needed. <b>Contact:</b> Services for Young People Welwyn Hatfield Team. Call 01992 588220, text 07860 065173, or email <a href="mailto:sfyp.welwynhatfield@hertfordshire.gov.uk">sfyp.welwynhatfield@hertfordshire.gov.uk</a> .
Phoenix Group for Deaf Children	<a href="#">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="#">About Us - The Phoenix Group for Deaf Children</a>	Connecting Families Event



MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking <b>NEW LISTING</b>	Key Topics
<a href="#">NESSie</a>	<a href="#">Nessie Public Booking Platform (procfu.com)</a> Supporting Parents/Carers of Children with Anxiety 24 April 2023 – 10am to 11:30am	Anxiety
<a href="#">NESSie</a>	<a href="#">Nessie Public Booking Platform (procfu.com)</a> Supporting Parents/Carers with Children with Self-Harming Behaviours 4 May 2023 – 9:20am to 11am	Self-Harm
<a href="#">NESSie</a>	<a href="#">Nessie Public Booking Platform (procfu.com)</a> Supporting Parents/Carers of Children with Emotional Based School Avoidance 10 May 2023 – 10am to 11:30am	Emotional Based School Avoidance
<a href="#">NESSie</a>	<a href="#">Nessie Public Booking Platform (procfu.com)</a> Supporting Parents/Carers with Children Gender Questioning 16 May 2023 – 10am to 11:30am	Gender Questioning
<a href="#">NESSie</a>	<a href="#">Nessie Public Booking Platform (procfu.com)</a> Supporting Children with Bereavement and Loss 24 May 2023 – 1pm to 2:30pm	Bereavement
Carers in Herts	<p><b>CAMHS Online Monthly Support Group for Parents and Carers</b> Parents/carers of young people who are accessing a HPFT CAMHS or HCT Step 2 service, or who are waiting to be seen can attend a <a href="#">monthly online support group hosted by Carers in Herts</a>. The group provides opportunities to meet other parents/carers in similar situations, share experiences, learn coping strategies and gain useful information. The group takes place on the first Tuesday of every month between 7 - 9pm, online via Zoom.</p> <ul style="list-style-type: none"> <li><i>“This group offers so much support and information, letting me know I’m not alone, even at the most challenging of times.” Parent.</i></li> </ul> <p>Carers in Herts are asking professionals to help spread the word about the group to parents/carers they are working with, or who are waiting to be seen. For more information or to book a place: <b>Call:</b> 01992 586969 <b>Email:</b> <a href="mailto:contact@carersinherts.org.uk">contact@carersinherts.org.uk</a> <b>Go online:</b> <a href="https://www.carersinherts.org.uk">CAMHS Online Support Group (carersinherts.org.uk)</a></p>	CAMHS Monthly Support Group via Carers in Herts



<a href="#">Young Minds</a>	If your child has been denied support from CAMHS, or you are still waiting to be seen, you can contact Young Minds through the Parents Helpline on 0808 802 5544 from 9:30am to 4pm. You will be connected to trained advisors, they will listen to your concerns and ask key questions to understand your situation as best they can. They will tailor advice to your situation and suggest practical steps you can take and ways to support your child whilst waiting to access help from services. This could include contact details for relevant support services, practical tips you can implement at home or giving you advice around alternative options for support.	CAMHS Support via Young Minds
JustTalkHerts	The Real Bodies in Herts Campaign <a href="https://www.justtalkherts.org">Just Talk (justtalkherts.org)</a> Resources and Webinars <a href="https://www.justtalkherts.org">Real Bodies in Herts (justtalkherts.org)</a>	The Real Bodies Campaign
Nip In the Bud	<a href="https://youtu.be/uMdDB8Gxono">https://youtu.be/uMdDB8Gxono</a> Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
HPFT IAPT	<a href="#">HPFT IAPT Virtual Workshop Registration Form   HPFT IAPT Services (hpft-iapt.nhs.uk)</a> <a href="#">Homepage   HPFT IAPT Services (hpft-iapt.nhs.uk)</a>	Managing Worry – For Adults 27 April 2023
-REMINDER Mind Hertfordshire Network CYP Digital Wellbeing	<b>Lumi Nova:</b> Therapeutic Digital Intervention Gaming App 7 to 12 years (sch yrs 3 to 7) who are experiencing anxiety, might also benefit from an evidence based digital therapeutic intervention via game app Lumi Nova: Tales of Courage. Can play without having an assessment or diagnosis  <b>With YOUTH</b> - Children & Young People's Digital Wellbeing Service Launching this autumn, to help young people manage their worries. New digital early help service from Monday, 3 October  <b>CYP aged 5 to18</b> will be eligible to use the new service, to enable them to seek support if they are experiencing problems with their emotional and mental wellbeing; mild to moderate anxiety, behavioural difficulties, school attendance, low mood, relationship difficulties, bullying or self-harm. Not for children who are in crisis. <a href="https://www.withyouth.org">www.withyouth.org</a> (live from 3 Oct) Digital Directory - Self-help Library and more; evidence based resources, goal-based worksheets, videos, sound bites. Easy to online referral for young people.	Digital Wellbeing Services  Digital directory  Gaming App - Anxiety Help
HCC Services for Young People	<a href="#">Services for Young People North Herts Wellbeing Project at Hitchin Young People's Centre   If you're aged 12-15 and struggling w...   Services for Young People Listings</a>	12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time





PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD																																																																	
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<a href="#">Supporting</a> Links	<a href="#">Talking ASD and ADHD: Sibling Struggles. For parents/carers in Herts (585) Registration, Mon 22 May 2023 at 09:30   Eventbrite</a>				Sibling Struggles – ADHD and Autism																																																												
<a href="#">Supporting</a> Links	<a href="#">Talking ASD and ADHD: The teenage years. For parents/carers in Herts (586) Registration, Mon 10 Jul 2023 at 19:30   Eventbrite</a>				Teenage Years – ADHD and Autism																																																												
<a href="#">Supporting</a> Links	<a href="#">PowerPoint Presentation (supportinglinks.co.uk)</a> <a href="#">New What's On (supportinglinks.co.uk)</a> <table border="1"> <tr> <td>Additional Needs</td><td>Online</td><td>576</td><td>18th Apr to 23rd May</td><td>Tue</td><td>8.00-9.30pm</td></tr> <tr> <td>Talking Additional Needs</td><td>Online</td><td>575</td><td>5th Jun to 11st Jul</td><td>Tue</td><td>9.45-11.15am</td></tr> <tr> <td>Talking Families</td><td>Online</td><td>577</td><td>20th Apr to 25th May</td><td>Thu</td><td>9.45-11.15am</td></tr> <tr> <td>Talking Families</td><td>Online</td><td>579</td><td>20th Apr to 25th May</td><td>Thu</td><td>8.00-9.30pm</td></tr> <tr> <td>Talking Families</td><td>Online</td><td>580</td><td>6th Jun to 11th Jul</td><td>Tue</td><td>8.00-9.30pm</td></tr> <tr> <td>Talking Families</td><td>Online</td><td>578</td><td>7th Jun to 12th Jul</td><td>Wes</td><td>9.45-11.15am</td></tr> <tr> <td>Talking Teens</td><td>Online</td><td>581</td><td>19th Apr to 24th May</td><td>Wed</td><td>7.45-9.15pm</td></tr> <tr> <td>Talking Teens</td><td>WGC Face2Face</td><td>582</td><td>7th Jun to 12th Jul</td><td>Wed</td><td>7.00-9.00pm</td></tr> <tr> <td>Talking Dads</td><td>Online</td><td>583</td><td>18th Apr to 23rd May</td><td>Tue</td><td>7.45-9.15pm</td></tr> <tr> <td>Talking Dads</td><td>Online</td><td>584</td><td>7th Jun to 12th Jul</td><td>Wed</td><td>7.45-9.15pm</td></tr> </table>					Additional Needs	Online	576	18th Apr to 23rd May	Tue	8.00-9.30pm	Talking Additional Needs	Online	575	5th Jun to 11st Jul	Tue	9.45-11.15am	Talking Families	Online	577	20th Apr to 25th May	Thu	9.45-11.15am	Talking Families	Online	579	20th Apr to 25th May	Thu	8.00-9.30pm	Talking Families	Online	580	6th Jun to 11th Jul	Tue	8.00-9.30pm	Talking Families	Online	578	7th Jun to 12th Jul	Wes	9.45-11.15am	Talking Teens	Online	581	19th Apr to 24th May	Wed	7.45-9.15pm	Talking Teens	WGC Face2Face	582	7th Jun to 12th Jul	Wed	7.00-9.00pm	Talking Dads	Online	583	18th Apr to 23rd May	Tue	7.45-9.15pm	Talking Dads	Online	584	7th Jun to 12th Jul	Wed	7.45-9.15pm
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Foundations of Numeracy	Foundations of Numeracy with Charlotte Kohnhorst (Teacher & Assessor of Specific Learning Difficulties) For children aged 3 upwards. This talk will focus on what is known about how number awareness develops in the early years and what you can do to help your child build firm foundations for maths.				<a href="#">Playskill ❤ Foundations of Numeracy with Charlotte Kohnhorst (Teacher &amp; Assessor of Specific Learning Difficulties)</a>																																																												
SfYP Megamix Project for Young People aged 13-17 with Learning Difficulties	6:30pm to 8:30pm FREE Bowes Lyon Young People's Centre, Stevenage Join in, have some fun and make new friends. <b>Runs on Tuesday evenings.</b> Wide range of activities for you to get involved with, all designed specifically for young people with particular needs and support. Sport & Games, Arts & Crafts, Drama, Music, Topical discussion groups, advice on relationships and sexual health.				<b>Booking Essential:</b> Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: <a href="mailto:sfyp.stevenage@hertfordshire.gov.uk">sfyp.stevenage@hertfordshire.gov.uk</a>																																																												





Family Lives	<a href="#">Building resilience in children and teens   Family Lives</a>	Infographic – building resilience
	<b>Bringing up confident ADHD/ASD Children</b> (6 weeks online course) Tuesday 18 April to 23 May 7pm to 9pm Contact Louise: 0204 522 8700 or 8701 email <a href="mailto:services@familylives.org.uk">services@familylives.org.uk</a>	Bring up confident ADHD/ASD Children
Family Lives	<a href="#">Let's Play   Family Lives</a>	Online Let's Play Free course
Phase	<a href="https://phase-hitchin.org">Phase Hitchin - Passionate about helping young people (phase-hitchin.org)</a>	Resources for parents and young people – wellbeing and resilience
Hope UK	<a href="#">Home - Hope UK</a>	Alcohol and drug advice for parents and young people
Mixed Ability Rugby – Hertford RFC	Hertford RFC – A team open to anyone who want to play regular full contact rugby for rugby's sake. If you happen to have some form of disability or barrier but want to play regular rugby, then you are more than welcome. Same goes if you have no disability or barrier.	For more information contact <a href="mailto:projectrugby@saracens.net">projectrugby@saracens.net</a> or call Matt Thompson 07974 785072
Potential Kids	<a href="https://www.hertfordshire.gov.uk">Find courses and things to do (hertfordshire.gov.uk)</a> <a href="#">Welcome to Potential Kids - Potential Kids</a>	Minecraft Session, Hatfield 6:30pm