



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



SCROLL DOWN FOR NEW AND UPCOMING COURSES

Provider	Course/Booking	Key Topics
SURVEYS	EMWIE: Emotional and Mental Wellbeing in Education Team The Emotional and Mental Wellbeing in Education Team want to understand more about why there's been an increase of children and young people struggling to regularly attend school . They are asking parents and carers to share their experiences in this survey.	Parent and Carer Feedback regarding their Young Person's School Avoidance (smartsurvey.co.uk)
NORTH HERTS FAMILY CENTRE	SEND DROP IN – held monthly 6 July 2023 10am to 11:30am at Chestnut Tree Family Centre, Letchworth	SEND Drop-In What's On North Herts District (mailchi.mp)
AUTISM / ADHD / SEND		
SPACE Herts	ADHD in Girls and Women Tickets, Thu 22 Jun 2023 at 10:00 Eventbrite	ADHD in Girls and Women
SPACE Herts	Understanding Dual Diagnosis: Autism & ADHD Tickets, Fri 23 Jun 2023 at 10:00 Eventbrite	Understanding Dual Diagnosis
SPACE Herts	Sleep Workshop Tickets, Tue 27 Jun 2023 at 19:00 Eventbrite	Sleep Workshop
SPACE Herts	Sleep Tight - 3 week course Tickets, Wed 28 Jun 2023 at 10:00 Eventbrite	Sleep Tight – 3 Week Course
SPACE Herts	Understanding and Supporting Executive Functioning Difficulties Tickets, Thu 29 Jun 2023 at 10:00 Eventbrite	Executive Functioning, Difficulties
NHS Herts Community Trust	School Transitions: Managing Anxiety & Worries in Children & Young People Tickets, Thu 6 Jul 2023 at 18:00 Eventbrite	School Transitions
	Supporting Your Child's Self-esteem Tickets, Wed 12 Jul 2023 at 10:00 Eventbrite	Supporting your child's self-esteem
	Adolescent Self-esteem Workshop Tickets, Mon 24 Jul 2023 at 10:00 Eventbrite	Adolescent Self-Esteem
	Emotional Wellbeing Workshop (For young people 11 - 16) Tickets, Tue 25 Jul 2023 at 10:00 Eventbrite	Emotional Wellbeing Workshop
	Sleep Workshop (Child and Adolescent) Tickets, Tue 1 Aug 2023 at 10:00 Eventbrite	Sleep Workshop (Child and Adolescent)
	Developing Your Child's Emotional Literacy Tickets, Tue 11 Jul 2023 at 18:00 Eventbrite	Developing your child's literacy



	Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk) Pre-recorded webinar, workshops for parents / carers and young people and links to the guidance docs.	School Avoidance
Hertfordshire Community NHS Trust	Understanding your child's sensory preferences Tickets, Tue 4 Jul 2023 at 10:00 Eventbrite	Understanding your child's sensory preferences
	Supporting your child's motor skills development Tickets, Tue 27 Jun 2023 at 10:00 Eventbrite	Supporting your child's motor skills development
Angels Support Group	www.angelssupportgroup.org.uk Angels Summer Term Programme (half 2) (angelssupportgroup.org.uk) Angels Support Group and NESSie workshops	Support Groups and workshops, Meet up and Chat
	Tuesdays via Zoom 10am to 12pm 27 June – Parent/Carer Support Group with Lorraine Jones 4 July – Workshop: Understanding and Supporting ADHD 11 July – Parent/Carer Support Group with Lorraine Jones 18 July – Workshop: How to support your child's sensory needs.	Support group Understanding and Supporting ADHD How to support your child's sensory needs
	Wednesday 10am to 12pm The Pod, Northfields Letchworth 12 July - Meet up and Chat in partnership with Letchworth Family Support Team	Meet up and chat
	Thursdays – 10am to 12pm The Phoenix Group, Stevenage 22 June - Parent/Carer Support Group with Lorraine Jones 29 June – Meet Up and Chat 6 July - Parent/Carer Support Group with Lorraine Jones 13 July – Meet Up and Chat 20 July - Parent/Carer Support Group with Lorraine Jones	Parent/Carer Support
	Thursdays via Zoom 7:30pm to 8:30pm 6 July - Evening Parent/Carer Support Group	Evening Parent/Carer Support
Angels Support Group	Find courses and things to do (hertfordshire.gov.uk) Membership (free) is required: Membership Application Form - Angels Support Group	



Autism Hertfordshire Transition Service for 16-20 year olds	Workshops for ages 16 to 25 email Rachel.hatton@autismherts.org Parents & Carers of autistic young adults (16-25)	
	Support Groups » Autism Bedfordshire	Support Group
	Upcoming Events » Autism Bedfordshire	Upcoming Events
	Tips & Tools to Support Puberty - FREE ONLINE WORKSHOP Tickets, Thu 22 Jun 2023 at 10:00 Eventbrite	Tips/Tools Support Puberty
	Understanding Anxiety - FREE ONLINE WORKSHOP Tickets, Tue 27 Jun 2023 at 10:00 Eventbrite	Understanding Anxiety
	ONLINE SUPPORT GROUP for Parents/Carers of 16-24 year olds Tickets, Tue 27 Jun 2023 at 19:30 Eventbrite	Online Support Group
ADD-vance Eventbrite	Tips & Tools to Manage Anxiety - FREE ONLINE WORKSHOP Tickets, Wed 28 Jun 2023 at 10:00 Eventbrite	Tips and Tools to Manage Anxiety
	Social stories and comic strip conversations (autism.org.uk)	Social Stories and Comic Strip Conversations
Autism Uk	Video challenging behaviour - Challenging Behaviour Foundation Positive Behaviour Support - Challenging Behaviour Foundation	Resource – Challenging Behaviour
Challenging Behaviour Foundation	Your mental health - Recovery College Online	Mental Health Recovery
Recovery College online	Free, 24/7 mental health text support in the UK Shout 85258 (giveusashout.org)	Free 24/7 mental health text support
Give Us a Shout	Parents and carers voice their concerns about accessing GP Practices Healthwatch Hertfordshire	Healthwatch
Healthwatch	Down's Syndrome Listening Service Listening Service - Downs Syndrome Association (downs-syndrome.org.uk)	Down's Syndrome Listening Service
Down's Syndrome Association	SING Autism Project –discussion group 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.	Booking Info: Booking always needed. Contact: Services for Young People Welwyn Hatfield Team. Call 01992 588220, text 07860 065173, or email sfyp.welwynhatfield@hertfordshire.gov.uk .
SfYP Services for Young People		



Phoenix Group for Deaf Children	Find courses and things to do (hertfordshire.gov.uk) About Us - The Phoenix Group for Deaf Children	Connecting Families Event
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MENTAL HEALTH AND WELLBEING

Provider	Course/Booking	Key Topics
WithYouth Young People's Digital Wellbeing Services	Road to Year 7 Group 4pm to 5pm every Monday Starting 24 July 2023 for six weeks – Open to all year 6's. <ul style="list-style-type: none"> • Create the toolkit needed to overcome any worries around starting secondary school. • Helping to build confidence around starting secondary school. • Exploring topics of change, anxiety, making new friendships, bullying and online safety. For information and to register interest email: withyouth@hertsmindnetwork.org	Transition to Secondary School
Mind Hertfordshire Network CYP	Spark – A Creative Space for Young People's Wellbeing Informal drop-in group is for anyone aged 12-17 who would like to explore using creativity to support their wellbeing. To come along email cyp@hertsmindnetwork.org This will be starting soon on Monday's 6pm to 8pm Letchworth Wellbeing Centre. It is for those living in North Herts, there is an initial contact form to fill in on referral, a 1-1 can be arranged if interested but not sure what to expect. Home - WithYouth	Creative Space for Young People

NHS Hertfordshire and Mid Essex Talking Therapies:
Understanding Anxiety 17 July 2023 1pm to 2pm, 29 August 11am to 12pm
[Understanding Anxiety | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](#)
Relaxation skills 10 July 2pm to 3pm, 8 Aug 1pm to 2pm
[Relaxation skills | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](#)

- [Mindfulness: reconnect with your true self | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](#)
- [Managing employment and emotional wellbeing | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](#)
- [How to cope with stress | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](#)
- [Menopause and Emotional Wellbeing | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](#)
- [Managing Worry | HPFT IAPT Services \(hpft-iapt.nhs.uk\)](#)

Mental Health First Aid Training – 1 Day Champion Course for parents & carers of 8 to 18 year olds FREE
 What you will learn:

- An understanding of common health issues and how they can affect young people.
- Ability to spot signs of mental ill health in young people and guide them to a place of support.
- Knowledge and confident to advocate for mental health awareness.
- Skills to support positive wellbeing.

Session 1: what is mental health and mental ill health, stigma and discrimination, depression and suicide.
Session 2: mental health conditions: anxiety, self-harm, eating disorders, psychosis, recovery, resilience.



<p>15 June 2023, Letchworth: Mental Health First Aid (MHFA)- 1 day course for Parents & Carers Tickets, Multiple Dates Eventbrite For further information contact: hweicbhv.schoolsmh@nhs.net</p>		
<p>This May Help</p>	<p>Home ThisMayHelp 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.</p>	<p>Topics:</p> <ul style="list-style-type: none"> ○ Self-Harm ○ Video Gaming ○ Establish Trust and Boundaries ○ Eating Disorder ○ Mental Health ○ Resilience
<p>The Sandbox</p> <p>New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</p>	<p>The Sandbox: New online Mental Health Digital Advice and Guidance Services for 10-25s launching 1 April 2023</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: nhs.operations@minder.co.uk.</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"> ● Website: 24/7 ● Therapy sessions: 7am-10pm Mondays-Fridays and 10am-10pm Saturdays and Sundays ● Live Chat: 10am-8pm Mondays-Fridays <p>Signing up is easy and doesn’t require a referral from a professional: Sandbox Homepage (getcerebral.co.uk)</p>
<p>NESSie</p>	<p>Nessie Public Booking Platform (procfu.com) Supporting Parents/Carers of Children who are Gender Questioning 29 June</p>	<p>Gender Questioning</p>
<p>NESSie</p>	<p>NESSie is funded by HCC to support parents/carers of children and young people with emotional and mental health issues. The aim of this work is to help parents/carers develop a positive and more confident approach to supporting their young person, whilst offering a chance to gain peer support; useful strategies and practical tools.</p> <p>FREE online and face-to-face workshops on a range of mental health issues that affect children and young people.</p> <p>Parent Support Line 07932 651319 (Wednesdays 9am to 12pm or by appointment) Private moderated Facebook support groups. support advice sessions</p> <p>1-1 Peer support groups: a confidential group, where parents will have an opportunity to share their experiences, support each other through challenges and identify coping strategies. For more information: Podio</p>	<p>Mental Health support for parents/carers – 1-1, online, support groups</p>



<p>Carers in Herts</p>	<p>CAMHS Online Monthly Support Group for Parents and Carers 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 monthly online support group hosted by Carers in Herts. 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"> “This group offers so much support and information, letting me know I’m not alone, even at the most challenging of times.” Parent. <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: Call: 01992 586969 Email: contact@carersinherts.org.uk Go online: CAMHS Online Support Group (carersinherts.org.uk)</p>	<p>CAMHS Monthly Support Group via Carers in Herts</p> <p>Carewaves and Newsletters - Carers In Herts</p>
<p>Herts Mind Network</p>	<p>Understanding Anger and Other Emotions – Hertfordshire Mind Network (hertsmindnetwork.org) 1 June to 29 June from 10:30am to 12:30pm £10</p>	<p>Understanding Anger and Other Emotions</p>
<p>Herts Mind Network</p>	<p>Overcoming Social Anxiety – Hertfordshire Mind Network (hertsmindnetwork.org) Course details coming soon</p>	<p>Coming soon : Overcoming Social Anxiety</p>
<p>Young Minds</p>	<p>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.</p>	<p>CAMHS Support via Young Minds</p>
<p>JustTalkHerts</p>	<p>The Real Bodies in Herts Campaign Just Talk (justtalkherts.org) Resources and Webinars Real Bodies in Herts (justtalkherts.org)</p>	<p>The Real Bodies Campaign</p>
<p>JustTalkHerts</p>	<p>What’s Next? Let’s Just Talk about the Future What's Next? Let's Just Talk about the Future (justtalkherts.org) Thinking about the future can be worrying or stressful, take a look at some practical tools and useful information to help you look after your mental health: Manage Your Worries (Self Help Tools) Support with Future Plans Volunteering and Looking for a Job Real Hertfordshire Positive Future Stories</p>	



Nip In the Bud	https://youtu.be/uMdDB8Gxono Promoting awareness of mental health disorders in children – Does my child Need help?	Early Intervention
NHS Hertfordshire and Mid-Essex Talking Therapies HPFT IAPT		
NHS Hertfordshire and Mid-Essex Talking Therapies HPFT IAPT	Understanding Low Self-Esteem for adults 6 July 1pm to 2pm Understanding Low Self-esteem HPFT IAPT Services (hpft-iapt.nhs.uk)	Understanding Low Self-Esteem for adults
HCC Services for Young People	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	12 to 15 year olds struggling with anxiety or low-mood, Meet weekly – Term Time
-REMINDER Mind Hertfordshire Network CYP Digital Wellbeing	<p>Lumi Nova: 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</p> <p>With YOUTH - 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</p> <p>CYP aged 5 to18 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. www.withyouth.org (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.</p>	<p>Digital Wellbeing Services</p> <p>Digital directory</p> <p>Gaming App - Anxiety Help</p>
BEEZEE BODIES	Helping you make healthy habits as a family – FREE healthy lifestyle courses! Award Winning Weight Loss and Behaviour Change programmes (beezeebodies.com) For Families (beezeebodies.com)	Healthy Lifestyle Courses



PARENTING (INCLUDING SEND) AND RELATIONSHIPS & SEND/AUTISM/ADHD																																				
Provider	Course/Booking					Key Topics																														
HCC	Parenting When Separated Programme A practical and positive evidence based course for parents who are preparing for or have gone through a separation or divorce. It is a six-week course, FREE to attend. Both parents can attend but it is recommended you attend separate groups. Sessions are 2.5hrs with up to 12 parents. Face to face: 13 June at The Shephall Centre Parenting When Separated Referral Form (hertfordshire.gov.uk)					Separation/Divorce – Parenting																														
Yoga Class for children with SEN	The class will consist of gentle yoga poses, breathing practices and time for relaxation and mindfulness. Rach is a qualified Special yoga practitioner. Find courses and things to do (hertfordshire.gov.uk) Kid's Yoga Class - SEND Yogis																																			
Supporting Links																																				
Supporting Links	Talking ASD and ADHD: The teenage years. For parents/carers in Herts (586) Registration, Mon 10 Jul 2023 at 19:30 Eventbrite					Teenage Years – ADHD and Autism																														
Supporting Links	PowerPoint Presentation (supportinglinks.co.uk) New What's On (supportinglinks.co.uk) <table border="1" data-bbox="548 933 2004 1181"> <tbody> <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>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>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>584</td> <td>7th Jun to 12th Jul</td> <td>Wed</td> <td>7.45-9.15pm</td> </tr> </tbody> </table>					Talking Additional Needs	Online	575	5th Jun to 11st Jul	Tue	9.45-11.15am	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	WGC Face2Face	582	7th Jun to 12th Jul	Wed	7.00-9.00pm	Talking Dads	Online	584	7th Jun to 12th Jul	Wed	7.45-9.15pm	
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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. Runs on Tuesday evenings. 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.					Booking Essential: Services for Young People Stevenage Team, tel: 01438 843340, text: 07860 065178, email: sfyp.stevenage@hertfordshire.gov.uk																														



Family Lives	Building resilience in children and teens Family Lives	Infographic – building resilience
Family Lives	Let's Play Family Lives	Online Let's Play Free course
Family Lives	parenting classes online - Family Lives	Parenting Together Free Course
	Getting on with your pre teen or teenager Family Lives Getting on with your pre teen or teenager 8 June to 13 July 7pm to 9pm via MS Teams – see website for full details and booking	Getting on with you pre teen or teenager
	Less shouting, more cooperation Family Lives 7 June to 12 July via MS Teams – see website for full details and booking	Less shouting, More cooperation
Family Lives	Getting on with your pre teen or teenager Family Lives 8 June to 13 July	Getting on with your Pre-Teen
Families in Focus	Handling anger in your family (neurotypical) Primary aged child 4-11 Wednesday evenings: 6.30pm to 8.30pm June 7 th 14 th 21 st 28 th , July 5 th 12 th Booking essential Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details	Handling anger in your family (neurotypical) Primary aged - evenings
Families in Focus	Handling anger in your family (neurotypical) Primary aged child 4-11 Wednesday mornings: 9.30am to 11.30am June 7 th 14 th 21 st 28 th , July 5 th 12 th Booking essential Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details	Handling anger in your family (neurotypical) Primary aged - mornings
Families in Focus	Sleep Solutions children aged 2 to 11 years (neurotypical) Friday mornings: 9.30am to 11.30am June 9 th , 16 th , 23 rd , 30 th , July 7 th , 14 th Booking essential	Sleep Solutions (neurotypical)



	Bookings@familiesinfocus.co.uk email with name and date & time of the course requesting booking details	
Families in Focus	Handling anger of children with Autism and ADHD Tuesday evenings 6:30pm to 8:30pm 12, 19, 26 Sept and 3, 10, 17 Oct Places are limited, Booking essential: bookings@familiesinfocus.co.uk	Handling anger – Autism/ADHD
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Families in Focus	A complete guide to parenting children with SEND Wednesday mornings 9:30am to 11:30am 13, 20, 27 Sept and 4, 11, 18 Oct Places are limited, Booking essential: bookings@familiesinfocus.co.uk	Complete guide to parenting children with SEND
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Families in Focus	Handing anger in your family 6 week evidence based course for those parenting neurotypical children aged 2 to 11. Feedback: <i>“It was great to meet other mums and dads who were experiencing similar challenges and learn all together”</i> Thursday mornings 9:30am to 11:30am 14, 21, 28 Sept and 5, 12, 19 Oct	Handling anger in your family
Families in Focus	Families in Focus CIC - supporting & enabling parent carers to remain emotionally healthy Parents do join our supportive facebook community: https://www.facebook.com/groups/184975381651870/ Practitioners do join our Practitioner Facebook community: https://www.facebook.com/groups/596362130530293/ <u>Web:</u> www.familiesinfocus.co.uk <u>Email:</u> bookings@familiesinfocus.co.uk Office hours: Monday to Thursday 8.30am to 4.30pm Term time	
Phase	Phase Hitchin - Passionate about helping young people (phase-hitchin.org)	Resources for parents and young people – wellbeing and resilience
Hope UK	Home - Hope UK	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 projectrugby@saracens.net or call Matt Thompson 07974 785072
Junior Ability Counts	Open to any child 7-16 years old with a disability or special education need who is able to walk. Mondays 5 to 6pm, 6 week course £18 5 June to 10 July Book online: www.northhertsarena.co.uk	Football
Potential Kids	Find courses and things to do (hertfordshire.gov.uk) Welcome to Potential Kids - Potential Kids	Minecraft Session, Hatfield 6:30pm