

Provider	Course/Booking NEW LISTING	Key Topics
QUICK GLANCE NEW LISTINGS		
Just Talk Week 21 to 27 November	<p>Advice and information: Advice for parents and carers (justtalkherts.org)</p> <p>Parent/Carer workshop: Managing conflict Children/ Young People (day time) Tickets, Thu 24 Nov 2022 at 12:30 Eventbrite</p> <p>Parent/Carer workshop: Managing conflict Children/ Young People (Evening) Tickets, Thu 24 Nov 2022 at 18:00 Eventbrite</p>	
Supporting Links	<p>Just Talk Week 2022 (justtalkherts.org) - Resources</p> <p>Talking ASD and ADHD:Responding to Anger. For parents/carers in Herts (561) Registration, Tue 7 Mar 2023 at 12:30 Eventbrite</p> <p>Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (559) Registration, Tue 10 Jan 2023 at 09:30 Eventbrite</p> <p>Talking ASD and ADHD: Coping with Change. For parents/carers in Herts(563) Registration, Mon 20 Mar 2023 at 09:30 Eventbrite</p> <p>Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (560) Registration, Wed 22 Feb 2023 at 19:30 Eventbrite</p> <p>Talking ASD and ADHD:Responding to Anger. For parents/carers in Herts (562) Registration, Mon 16 Jan 2023 at 19:30 Eventbrite</p> <p>Talking ASD and ADHD: The teenage years. For parents/carers in Herts (564) Registration, Mon 23 Jan 2023 at 19:30 Eventbrite</p> <p>Talking ASD and ADHD: Tech Use (565). For parents/carers in Herts. Registration, Mon 27 Feb 2023 at 09:30 Eventbrite</p>	<p>Autism/ADHD – Responding to Anger</p> <p>Autism/ADHD – Anxiety / Stress</p> <p>Autism/ADHD – Coping with Change</p> <p>Autism/ADHD – Anxiety / Stress</p> <p>Autism/ADHD – Responding to Anger</p> <p>Autism/ADHD – The Teenage Years</p> <p>Autism/ADHD – Tech Use</p>

	<p>Talking ASD and ADHD: School Avoidance. For parents/carers in Herts (566) Registration, Tue 31 Jan 2023 at 19:30 Eventbrite</p>	<p>Autism/ADHD – School Avoidance</p>
Up on Downs	<p>4 December – Up on Down's Christmas Party 16 – 22 December – Treefest St Saviour's Christmas Tree Festival St Albans Fridays – Choices Youth Group 6:15pm to 8pm Mondays - Teen Fitness Group – via zoom 5:45pm Thursdays – Teen Social Communications Group – via zoom 6:30pm Saturdays – Speech Development Group Meetings – with Symbol trained practitioners at various locations on Saturday mornings</p>	<p>Update on activities</p>
ADD-vance	<p>Tips & Tools to Manage Anxiety - FREE ONLINE WORKSHOP Tickets, Fri 18 Nov 2022 at 10:00 Eventbrite</p>	<p>Manage Anxiety</p>
	<p>Tips & Tools for Positive Behaviour - FREE ONLINE WORKSHOP Tickets, Mon 21 Nov 2022 at 10:00 Eventbrite</p>	<p>Positive Behaviour</p>
	<p>ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 22 Nov 2022 at 13:00 Eventbrite</p>	<p>Support Group – parents of Primary aged children</p>
	<p>ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 22 Nov 2022 at 13:00 Eventbrite</p>	<p>Support Group – parents of Primary aged children</p>
	<p>Preparing for Adulthood (14+) FREE ONLINE WORKSHOP Tickets, Wed 23 Nov 2022 at 10:00 Eventbrite</p>	<p>Preparing for Adulthood</p>
SPACE Herts	<p>Understanding Neurodiverse Teens - FREE ONLINE WORKSHOP Tickets, Wed 23 Nov 2022 at 19:00 Eventbrite</p>	<p>Understanding Neurodiverse Teens</p>
	<p>Puberty and Neurodiversity Tickets, Tue 22 Nov 2022 at 10:00 Eventbrite</p>	<p>Puberty and Neurodiversity</p>
	<p>Talking SENsory - Signs, Signals and Solutions - 2 week course Tickets, Tue 22 Nov 2022 at 19:00 Eventbrite</p>	<p>Talking SENsory – Signs, Signals and Solutions – 2 week course</p>
The Abilities in Me	<p>Navigating the SEND World Tickets, Fri 25 Nov 2022 at 10:00 Eventbrite</p> <p>REMINDER The Abilities In Us - The Abilities In Me Book range based on real families and conditions.</p>	<p>Navigating the SEND World</p> <p>Book Series</p>

Use **Ctrl F** to search topics

AUTISM & ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
NESSie	Bookings1 - NESSie IN ED, CIC ASD/ADHD: Autism, Sexuality and Gender Diversity 22 November 1pm to 2:30pm	Autism: Sexuality and Gender Diversity
	Bookings1 - NESSie IN ED, CIC Supporting Children with ASD/ADHD and Emotionally Based School Avoidance 6 December 1pm to 2:30pm	School Avoidance
Autism Hertfordshire	<p>Autism Hertfordshire Transition Service for 16-20 year olds. Autism Hertfordshire are offering a transition support service to young autistic adults and their families. Workshops, Social Groups, Parent/Carer Support Sessions. Contact Rachel.hatton@autismherts.org 01727 743246</p> <p>Transitions service is open to anyone with an autism diagnosis aged 16-20. We provide workshops and courses, as well as a fortnightly social group. For more information, the link to our website is here: Support for Adults in Hertfordshire » Autism Bedfordshire</p> <p>Helpline which is open Monday to Friday, 9am until 5pm. The telephone number is 01727 743246. This is open to anyone for information, advice and guidance on all aspects of Autistic Spectrum Conditions.</p> <p>Helpline for autistic individuals: Monday to Friday 9am to 5pm 01727 743246 enquiries@autismherts.org</p> <p>Transition Service 16-25 In person social group 6:30pm to 8:30pm For more details : 01727 743246 rachel.hatton@autismherts.org</p> <p>Monthly Online Social Group Wednesday 6pm to 7:30pm email Rachel.hatton@autismherts.org</p>	Transition 16-20 – Autism Helpline for Autistic Individuals Parent/Carer Support Post 16
ADD-vance	Tips & Tools to Manage Anxiety - FREE ONLINE WORKSHOP Tickets, Fri 18 Nov 2022 at 10:00 Eventbrite	Manage Anxiety

ADD- vance Eventbrite	<p>Tips & Tools for Positive Behaviour - FREE ONLINE WORKSHOP Tickets, Mon 21 Nov 2022 at 10:00 Eventbrite</p>	Positive Behaviour
	<p>ONLINE SUPPORT GROUP for Parents/Carers of Primary Aged Children Tickets, Tue 22 Nov 2022 at 13:00 Eventbrite</p>	Support Group – parents of Primary aged children
	<p>Preparing for Adulthood (14+) FREE ONLINE WORKSHOP Tickets, Wed 23 Nov 2022 at 10:00 Eventbrite</p> <p>Understanding Neurodiverse Teens - FREE ONLINE WORKSHOP Tickets, Wed 23 Nov 2022 at 19:00 Eventbrite</p>	Preparing for Adulthood Understanding Neurodiverse Teens
	<p>Understanding ADHD & Autism FREE Introductory 6 Week Courses for Parents/Carers Tuesdays 1/11 to 6/12 10am to 12pm Bedwell Community Centre, Stevenage Wednesdays 2/11 to 7/12 7pm to 9pm (online) Wednesdays Understanding ADHD and Autism for Dads 2/11 – 7/12 7pm to 9pm (online) Thursdays Understanding ADHD and Autism in the Early Years 3/11 – 8/12 9:30am to 11:30am Fridays 4/11 – 9/12 10am to 12pm online</p> <p>Understanding ADHD and Autism - FREE 6 WEEK COURSE IN STEVENAGE Tickets, Tue 1 Nov 2022 at 10:00 Eventbrite</p> <p>Understanding Teens with ADHD & Autism 6 Week Course Tuesdays 10am to 12pm 1/11 – 6/12 Online</p> <p>Understanding Teens with ADHD and Autism - FREE ONLINE 6 WEEK COURSE Tickets, Tue 1 Nov 2022 at 10:00 Eventbrite</p>	Understanding ADHD and Autism
	<p>Understanding Anxiety - FREE ONLINE WORKSHOP Tickets, Thu 17 Nov 2022 at 19:00 Eventbrite</p>	Anxiety

AUTISM & ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
Angels Support Group	<ul style="list-style-type: none"> See website for full Autumn Term Programme Parent / Carer Support Group 17 November - Parent/Carer Support Group 10am to 12pm (Stevenage) 22 November – Parent/Carer Support Group 10am to 12pm (online) 1 December – Parent/Carer Support Group 10am to 12pm (Stevenage) 6 December – Parent/Carer Support Group 10am to 12pm (online) 8 December – Evening Parent/Carer Support Group 7:30pm to 8:30pm 15 December – Parent/Carer Support Group 10am to 12pm (Stevenage) 20 December – Parent/Carer Support Group 10am to 12pm (online)	Autism/ADHD Healthcare Benefit Advice Applying EHC needs assessment Support Groups
	10 November – Specialist Advice & Support Service: Strategies to Support with Festive Season Changes 10am to 12pm (Stevenage)	Festive Season - strategies
	15 November – Services for Young People: Post 16 Provision 10am to 12pm (online) 24 November – What makes a good EHCP & Annual Review 10am to 12pm (Stevenage)	Post 16 Provision EHCP Annual Review
	29 November – DSPL 1 Visit Who are they/What they Do 10am to 12pm (online) 8 December – Workshop with Lorraine Jones – Assertiveness 10am to 12pm (Stevenage)	DSPL 1 Visit Assertiveness
	13 December – Emotional Literacy 10am to 12pm (online)	Emotional Literacy
SPACE Autism/ ADHD Neurodiverse Conditions	Neurodiversity Conference for Parent/Carers Supporting Emotional Self Regulation, Executive Functioning and Sensory Integration. 11 November, 9:30am to 2:30pm – Cheshunt SPACE Autumn Conference: Supporting Neurodiverse Children and Young People Tickets, Fri 11 Nov 2022 at 09:30 Eventbrite £59	Conference
	Understanding ADHD Workshop Tickets, Fri 18 Nov 2022 at 10:00 Eventbrite	Understanding ADHD
	Teen/Adult Snowy Tree Art Session Tickets, Fri 18 Nov 2022 at 19:00 Eventbrite	Art Session – Teen/Adult

Lending SPACE	Puberty and Neurodiversity Tickets, Tue 22 Nov 2022 at 10:00 Eventbrite	Puberty and Neurodiversity
	Talking SENSory - Signs, Signals and Solutions - 2 week course Tickets, Tue 22 Nov 2022 at 19:00 Eventbrite	Talking SENSory – Signs, Signals and Solutions – 2 week course
	Navigating the SEND World Tickets, Fri 25 Nov 2022 at 10:00 Eventbrite	Navigating the SEND World
	Hertfordshire's only specialist equipment library: sensory, educational and practical resources FREE for families to borrow. Friendly advice: help on equipment for your child's specific needs. A listening ear: emotional and practical. Signposting: knowledge and understanding of local resources as well as community and statutory service. Unit 19, The Maltings Business Centre, Roydon Road, Stanstead Abbotts, SG12 8HG Mon, Weds, Sat 9:30am to 12:30pm. Lendingspace@spaceherts.org.uk 07565 258 694	Specialist Equipment Library
AUTISM & ADHD		
Provider	Course/Booking NEW LISTING	Key Topics
Ambitious About Autism	Join the Ambitious Youth Network (ambitiousaboutautism.org.uk) The Ambitious about Autism youth network is a fun and friendly space for autistic young people, between the ages of 16-25 , to meet other autistic young people and be themselves. It offers them a safe and moderated online space to help them understand their autistic identify and reduce isolation and loneliness that many feel. Young people will be able to take part in peer support sessions which are held on Tuesday and Thursday evenings between 5:45-6:45 over Zoom. These sessions are a chance to meet new autistic young people across the country, share experiences and find volunteering, work experience and employment opportunities. Sessions are a safe environment where you can stay within your comfort zone, there is no pressure to turn on your camera or microphone. You can choose to participate or just observe. The sessions are led by Ambitious staff trained in safeguarding, who you may contact at any point if you are uncomfortable or feel unsafe. Every session has a different theme, past sessions have included arts and crafts, comedy night, DJ sessions, language lessons, and a monthly general knowledge quiz. Youth network members over the age of 18 also have a chance to instant message each other on the platform. To access the peer sessions, you will need to request to join the youth network .	Autism / Youth

<p>Ambitious About Autism</p> <p>New Course: Skills for my future Via Zoom 15 November – Organisational Skills 29 November – Setting Healthy Boundaries 1:30pm to 2:30pm Bookings: 01727 743246 Rachel.hatton@autismherts.org</p> <p>For adults 18+ 17 Managing Emotions 21 Burn out and Shut Down 24 Executive Functioning 28 Reasonable Adjustments 1 Sleep Hygiene</p> <p>For Parents 29 November 7pm to 8:30pm – Overview of Welfare and Benefits See website for full details: Support for Adults in Hertfordshire » Autism Bedfordshire</p>	<p>For young adults</p>
<p>Families in Focus CIC</p> <p>Handling Anger in your child with ADHD and/or Autism Thursday mornings 9:30am to 11:30am - November 3, 10, 17, 24. December 1, 8 Bookings : bookings@familiesinfofocus.co.uk www.familiesinfofocus.co.uk/send-courses</p>	<p>Handling Anger ADHD and/or Autism Primary Aged</p>
<p>Families in Focus CIC</p> <p>Handling anger in your primary aged child with ASD or ADHD Families in Focus – Looking forward together FREE Funded by HCC 6 Session CANparent Quality Award: gain understanding, awareness of child's sensory world, understand triggers, learn healthy anger management strategies, empathic communication techniques, meet and share experiences with other parents. Thursday morning: 9:30am to 11:30am (via Zoom) 5, 12, 19, 28 January, 3, 10 February Booking: bookings@familiesinfofocus.co.uk</p>	<p>Anger – ASD / ADHD</p>

	<p>Handling Anger in your family <u>Families in Focus – Looking forward together</u> FREE Funded by HCC 6 Sessions CANparent Quality Award: understanding anger dynamics in your family, root causes or triggers, proven and effective strategies, new ways to communicate, emotional regulation. Wednesdays 6:30pm to 8:30pm 4, 11, 18, 25 January 1, 8 February Bookings: bookings@familiesinfofocus.co.uk</p>	Anger
Potential Kids	<p>A complete guide to parenting children with ALL Special Educational Needs Free for parents living in Hertfordshire and caring for a primary aged child inclusive of awaiting diagnosis or with a diagnosis of Special Educational Needs, Autism, ADHD and associated needs. Tuesday evenings 6:30pm to 8:30pm (via Zoom) 10, 17, 24, 31 January 7, 21, 28 February 7, 14, 21 March Bookings: bookings@familiesinfofocus.co.uk</p> <p>In person on Tuesday mornings 9:30am to 11:30am (Welwyn/Hatfield venue – TBC) 10, 17, 24, 31 January 7, 21, 28 February 7, 14, 21 March</p>	Parenting of children with ALL SEND
	<p>Sleep solutions for all children <u>Families in Focus – Looking forward together</u> FREE funded by HCC Understand stages of sleep and impact of sleep deprivation, identify causes, support ways to bring balance to your child's sleep issues, managing sleep problems Friday Mornings 9:30am to 11:30am (via Zoom) 6, 13, 20, 27 January 3, 10 February <u>Activities - Potential Kids</u></p>	Sleep Solutions Activities and online events and support

MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking NEW LISTING	Key Topics
Children's Wellbeing Practitioners Service	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
	General Emotional Wellbeing and Regulation Tips for Parents Tickets, Wed 23 Nov 2022 at 18:00 Eventbrite	Emotional Regulation
	Supporting Your Child's Self-esteem Tickets, Thu 24 Nov 2022 at 10:00 Eventbrite	Self Esteem
	Adolescent Self-esteem Workshop Tickets, Wed 30 Nov 2022 at 18:00 Eventbrite	Self Esteem
	Supporting Adolescents with Sleep Difficulties Tickets, Tue 6 Dec 2022 at 18:00 Eventbrite	Sleep Difficulties
Togetherall	Clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register Togetherall	Peer Support for 16+ feeling low/depressed
Mind Hertfordshire Network CYP Digital Wellbeing	<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 5to18 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)</p> <p>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>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>	Digital Wellbeing Services New website from 3 Oct Digital directory Gaming App - Anxiety Help

First Steps ED

Free online workshops for parents, carers and older siblings of young people struggling with body image and/or their relationship with food.

Register interest, programme for parents/carers with YP struggling with body image/eating disorder.

[Skills for Carers - First Steps ED](#)

Body image/eating disorder

MENTAL HEALTH AND WELLBEING		
Provider	Course/Booking NEW LISTING	Key Topics
BeeZee Bodies	<p>BeeZee Bodies</p> <p>BZ Families (5-15 year olds and their families) - FREE, fun, family-focused programme. 12 weeks. Call 01707 248 638 Email beezee.bodies@nhs.net Online Award Winning Weight Loss Programmes Behaviour change for good (beezeebodies.com)</p> <p>You(th) Health and Wellbeing Programmes for 13-17 years. 10 week programme. Health, Wellbeing and Weight Management Support for Teens • BeeZee Bodies</p>	BeeZee Healthy Family focused On a budget
Carers in Herts – CAMHS Support	<p>CAMHS Online Support Group – Does your child visit a CAMHS clinic or Step2 Early Intervention CAMHS – speak to people who understand, learn more about strategies to help, support for yourself. contact@carersinherts.org.uk 01992 58 69 69. CAMHS Online Support Group (carersinherts.org.uk)</p>	Support for parents – CAMHS/Step2

PARENTING (INCLUDING SEND) AND RELATIONSHIPS		
Provider	Course/Booking NEW LISTING	Key Topics
Supporting Links	Talking ASD and ADHD:Responding to Anger. For parents/carers in Herts (538) Registration, Wed 7 Dec 2022 at 19:30 Eventbrite	ASD/ADHD - Responding to Anger
	Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (535) Registration, Wed 23 Nov 2022 at 09:30 Eventbrite	Autism/ADHD – Anxiety / Stress
	Talking ASD and ADHD:Responding to Anger. For parents/carers in Herts (561) Registration, Tue 7 Mar 2023 at 12:30 Eventbrite	Autism/ADHD – Responding to Anger
	Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (559) Registration, Tue 10 Jan 2023 at 09:30 Eventbrite	Autism/ADHD – Anxiety / Stress
	Talking ASD and ADHD: Coping with Change. For parents/carers in Herts(563) Registration, Mon 20 Mar 2023 at 09:30 Eventbrite	Autism/ADHD – Coping with Change

	<p>Talking ASD & ADHD: Anxiety and Stress. For parents/carers in Herts (560) Registration, Wed 22 Feb 2023 at 19:30 Eventbrite</p> <p>Talking ASD and ADHD:Responding to Anger. For parents/carers in Herts (562) Registration, Mon 16 Jan 2023 at 19:30 Eventbrite</p> <p>Talking ASD and ADHD: The teenage years. For parents/carers in Herts (564) Registration, Mon 23 Jan 2023 at 19:30 Eventbrite</p> <p>Talking ASD and ADHD: Tech Use (565). For parents/carers in Herts. Registration, Mon 27 Feb 2023 at 09:30 Eventbrite</p> <p>Talking ASD and ADHD: School Avoidance. For parents/carers in Herts (566) Registration, Tue 31 Jan 2023 at 19:30 Eventbrite</p>	Autism/ADHD – Anxiety / Stress Autism/ADHD – Responding to Anger Autism/ADHD – The Teenage Years Autism/ADHD – Tech Use Autism/ADHD – School Avoidance

PARENTING (INCLUDING SEND) AND RELATIONSHIPS		
Provider	Course/Booking NEW LISTING	Key Topics
Supporting Links	<p>To view details and book : New What's On (supportinglinks.co.uk)</p> <p>Talking Families - 6 week course Parents of Children 0-12, Challenging Behaviour/Build Child Self-Esteem, Boundaries, Relationships 1 Nov to 6 Dec 8pm to 9:30pm Course 529 OR Thursdays 8pm to 9:30pm 5 Jan to 9 Feb Course 553</p> <p>Talking Teens - 6 week course Parents of Children 12-19, Teen Brain, Behaviour, Communicating Difficult Feelings, Relationships, Risk taking: drugs, alcohol, gang culture, reduce conflict. 6 Nov to 8 Dec 7:45pm to 9:15pm Course 532 OR Mondays 7:45pm to 9:15pm 20 Feb to 27 Mar Course 554 Wednesdays 7:45pm to 9:15pm 22 Feb to 29 Mar Course 555</p> <p>Talking Dads - 6 week course Parents of Children 0-19, Increase Confidence in Parenting, Improve Listening and Communication, Strategies for Conflict, Boundaries. 31 Oct to 5 Dec 7:45pm to 9:15pm Course 534 OR Wednesdays 7:45pm to 9:15pm 4 Jan to 8 Feb Course 557 Tuesdays 7:45pm to 9:15pm 21 Feb to 28 Mar Course 558</p> <p>Talking Additional Needs - 6 week course Parents of Children 2-19, Understand Child's Behaviour, Strategies that work, Motive and Encourage your child 31 Oct to 5 Dec 8pm to 9:30pm Course 527 OR Thursdays 9:45am to 11:15am 23 Feb to 30 Mar Course 551</p>	Various Courses Challenging Behaviour Teen Brain Talking Dads Additional Needs

Family Lives

[Bringing Up Confident Children for Parents of Children with ADHD/ASD – Online \(6 weeks\)](#)

- Tues 8th November to 13th December 7.30pm – 9.30pm
- Wednesday 9th November to 14th December, 9.30 – 11.30

This programme provides support, information and resources to parents/carers and adult family members so they can help their child reach their full potential. Sessions will cover : * ADHD - a whole-family issue / * Understanding your child's behaviour / * Helping your child manage their feelings and outbursts / * Balancing support of siblings / * Learning new parenting strategies to address challenging behaviour and to make a difference in your family life

[Getting on with your Pre Teen/Teenager \(6 weeks\) – Online \(6 weeks\)](#)

Thursday evening 3 Nov to 8 Dec 7.00pm - 9.00pm

This group is particularly suited for parents and or carers of pre-teen/teenagers who may have a FFA, CIN, CP or Youth Justice Plan and are showing signs of: * Risky behaviour online through social media / * Attraction to or involvement in gangs / * Alcohol and/or drugs, early sex, self-harming, crime and anti-social behaviour, aggressive and challenging behaviour

We accept referrals from professionals as well as self-referrals. Please click here [referral form](#) for the online referral form. Following our data protection protocols, please note that our referral form, which is also attached with flyers for each group, must be password-protected before returning to services@familylives.org.uk with the password sent in a separate email. Parents can also email services@familylives.org.uk or call us on 0204 522 8700 or 0204 522 8701 for more information.

Helpline We offer a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Please call us on **0808 800 2222** for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again. Helpline opening hours: Monday to Friday 9am to 9pm. Weekends 10am to 3pm

Live Chat Our online chat service is open on Monday between 1.30pm to 9pm, Tuesday to Friday between **10.30am to 9pm**. You can contact us about any family or parenting issue. To start a chat, you can click on the '[Live chat](#)' button when the service is available. Please note, the service is closed on weekends and bank holidays.

Email You can contact askus@familylives.org.uk about any parenting or family issue. Please note we are unable to respond to legal or medical issues, and we are not connected to social services.

Forum Our [forums](#) are a safe space for parents to share dilemmas, experiences and issues with others who understand the ups and downs of family life. If you are concerned about a post or experiencing technical issues, you can [email us](#).
www.facebook.com/FamilyLivesHertsandBeds

[Building resilience in children and teens | Family Lives](#)

Confident Children – for parents/carers of children with ADHD/Autism

Getting on with Pre-Teen / Teenager

Infographic – building resilience

<u>Families</u> Feeling Safe	The courses are fully funded by HCC for families who have needs in Hertfordshire. Please would you kindly promote the following courses to parents and carers and to other colleagues on your networks. For all enquiries and to make a referral, please email enquiries@familiesfeelingsafe.co.uk	
	<u>A FREE ONLINE course for Dads, Step-Dads and Carers • Families Feeling Safe</u>	Evenings, Families Feeling Safe
	<u>Monthly 2hr Zoom peer support group for parents/ carers with CYP engaged in CAMHS – (HPFT or Step 2)</u> – delivered by Carers in Herts- parents need to book on but its free <u>CAMHS Online Support Group (carersinherts.org.uk)</u>	Support Groups
<u>Carers</u> in Herts	<u>CAMHS Support Group - Carers In Herts</u> 6 December 7pm to 9pm Does your child visit a CAMHS clinic or Step2 Early Intervention CAMHS? Would you like to speak to people who understand? Would you like to learn more about the strategies to help your child towards recovery? Would you like support for yourself? Come along to our group. We welcome new parents/carers. <u>CAMHS Support Group - Carers In Herts</u>	Support - CAMHS/Step2

DOWN SYNDROME		
Provider	Course/Booking NEW LISTING	
Up on Downs	<p>UpOnDowns Hertfordshire – Down's Syndrome Support Group – Hertfordshire Family Support Meeting - Up On Downs</p> <p>See website for details of Family Support Meetings, Teen Fitness, Christmas, Social Communication Group Choices after school club. Friday evenings, weekly see Website: www.upondowns.com for more details. Contact Email: magdapol75@hotmail.com / Telephone: 07940 224165</p>	Down Syndrome – Family Support Meeting
SIGNPOSTING & INFORMATION	<p>4 December – Up on Down's Christmas Party</p> <p>16 – 22 December – Treefest St Saviour's Christmas Tree Festival St Albans</p> <p>Fridays – Choices Youth Group 6:15pm to 8pm</p> <p>Mondays - Teen Fitness Group – via zoom 5:45pm</p> <p>Thursdays – Teen Social Communications Group – via zoom 6:30pm</p> <p>Saturdays – Speech Development Group Meetings – with Symbol trained practitioners at various locations on Saturday mornings</p>	Update on activities
Provider	Course/Booking NEW LISTING	Key Topics
The Hertfordshire Local Offer	<p>Local Offer</p> <p>This short video (less than a minute) is designed to give an understanding of what the Local Offer website is, and what kind of information and resources they can find on there. You can see the video on YouTube here: https://youtu.be/hmcGbFqmsl8</p>	Local Offer
Services for Young People	<p>Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin young People's Centre. Ages 13-17</p> <p>Wednesdays, 6:30pm to 8:30pm / Term Time Only / Bookings always needed - FREE</p> <p>Hitchin Young People's Centre, Nightingale House, Nightingale Road, Hitchin SG5 1SD</p> <p>sfyp.northherts@hertfordshire.gov.uk / 01438 843340 or text: 07860 065 178</p> <p>Services for Young People North Herts Project for Young People with Learning Disabilities at Hitchin Young People's Centre The Services for Young People North H... Services for Young People Listings</p>	Young People with Learning Disabilities
Family Centre SEND Drop-In	<p>First Thursday of each month – booking via Eventbrite Herts Family Centre Service - North Herts District Events Eventbrite</p> <p>School nurses in Hertfordshire (hertsfamilycentres.org)</p>	Family Centre SEND Drop-In School Nurses

Herts Disability Sports Foundation - Herts Disability (hdsf.co.uk)	<p>Herts Disability Sports Foundation is proud to promote the development of disability sport in Hertfordshire. We provide a wide variety of sports activities for people with a disability and pride ourselves on being able to adapt activities to suit the needs of the participants.</p> <p>We work with Individuals, groups, schools and businesses. See website to find activities.</p>	Disability Sports
Mental Health Support	<p>Young Minds – young people's mental health Parents' Guide to CAMHS Guide for Parents YoungMinds</p>	Young People's Mental Health
Mental Health Support	<p>If your child is too anxious to go to school (hertfordshire.gov.uk) School Avoidance/Anxiety - Webinar and Resources: Children's Wellbeing Practitioners Service Hertfordshire Community NHS Trust (hct.nhs.uk)</p>	Too anxious to go to school

SIGNPOSTING & INFORMATION		
Provider	Course/Booking NEW LISTING	Key Topics
	<p>Togetherall clinically moderated online peer to peer support for 16+ feeling low/ depressed, new users have to register</p>	Peer support 16+
	<p>Just Talk Herts Just Talk (justtalkherts.org) Emotional wellbeing information and resources to help young people in Hertfordshire (justtalkherts.org)</p>	Resources
	<ul style="list-style-type: none"> • NHS England » What to do if you're a young person and it's all getting too much • NHS England » Advice for parents, guardians and carers on how to support a child or young person if you're concerned about their mental health • Home :: Hertfordshire and West Essex Healthier Together (hwehealthiertogther.nhs.uk) • Services for Mental health and wellbeing (hertfordshire.gov.uk) 	Support
	<p>Skills for Carers - First Steps ED</p>	Body Image
SPACE Herts	<p>All ages, borrow sensory, educational practical If you live in Hertfordshire and your child has additional needs, SPACE operate Hertfordshire's only specialist equipment ending library. Visit them to:</p> <ul style="list-style-type: none"> • borrow sensory, educational and practical resources for free • get some friendly advice and help on equipment for your child's specific needs • find a listening ear for emotional and practical support • benefit from signposting: knowledge and understanding of local resources, as well as community and statutory services <p>Stay for a drink and a chat with the SPACE team and other parents /carers. Children are welcome! Mondays, Wednesdays and Saturdays 9.30am - 12.30pm - Unit 7, Arlington Business Park, Whittle Way, Stevenage, SG1 2BE For more information or queries please follow our Lending SPACE Facebook page or email lendingspace@spaceherts.org.uk.</p>	Lending Library

The Abilities in Us Book range based on real families and conditions.	The Abilities In Us - The Abilities In Me	Book Series
SEND Support	<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) • 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 	SEND S