



FREE ONLINE SUMMER 2026 WORKSHOPS FOR HERTS PARENTS/CARERS

June/July Dates

Online Workshops funded by Hertfordshire County Council	Day	Date	Time
Applying for an EHCP	Mon	1.6.26	19:00 - 20:30
Preparing for an EHCP Review	Wed	3.6.26	10:00 - 11:30
Understanding Anxiety	Fri	5.6.26	10:00 - 11:30
Tips & Tools to Manage Anxiety	Mon	8.6.26	19:00 - 20:30
Tips & Tools to Support Puberty	Wed	10.6.26	10:00 - 11:30
Tips & Tools to Build Self-Esteem	Mon	15.6.26	19:00 - 20:30
Understanding Medication Options	Wed	17.6.26	10:00 - 11:30
Tips & Tools to Support Social Skills	Mon	22.6.26	19:00 - 20:30
Tips & Tools to Manage Eating Difficulties	Wed	24.6.26	10:00 - 11:30
Tips & Tools to Support Emotional Development	Mon	29.6.26	19:00 - 20:30
Tips & Tools to Manage Everyday Changes	Wed	1.7.26	10:00 - 11:30
Tips & Tools to Support Executive Function	Mon	6.7.26	19:00 - 20:30
Tip & Tools for Positive Behaviour	Wed	8.7.26	10:00 - 11:30

"That was so amazing, I have done many training sessions about ASD through my work but that was the most honest & informative session I have ever had"

"I picked up so many ideas to try which I'm sure will be an enormous help, thank you so much"