



Parenting Workshops & 1:1s January – April 2022 **Booking is essential**

Autism Support – 1:1 Advice Sessions

Date: Tuesday 25th January 2022

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Jill Stevens, Specialist Teacher for Autism & Communication will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Housing 1:1 Advice Sessions (via telephone)

Date: Thursday 27th January 2022

Time: 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am, 11.00am – 11.25am

What's it about? Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

Developing Confidence, Self-Esteem & Positive Mental Wellbeing

Date: Wednesday 2nd February 2022

Time: 6.30pm - 8.00pm

What's it about? This workshop will explore anxiety in children and will provide parents with practical strategies they can try to help support their children. Specifically, this workshop will cover understanding children's anxiety, signs to look out for, the power of praise, positive language and communication, strategies for developing resilience and confidence through empathy and assertiveness and simple coping strategies and skills for parents and children.

Where: Kings Langley Secondary School, Love Lane, Kings Langley, WD4 9HN

Debt Management – 1:1 Advice Sessions

Date: Monday 7th February 2022

Time: 1.30pm – 3.30pm

What's it about? CAP provides a free and comprehensive debt counselling service. They help local families overcome the difficulties of debt. As part of their service, they offer 1:1 advice, where you can speak confidentially to one of their fully qualified debt coaches to discuss the best options to get on top of your money worries.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Autism Support – 1:1 Advice Sessions

Date: Wednesday 23rd February 2022

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Jill Stevens, Specialist Teacher for Autism & Communication will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Autism Support – 1:1 Advice Sessions

Date: Tuesday 1st March 2022

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Jill Stevens, Specialist Teacher for Autism & Communication will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

Managing Exam and Assessment Stress and General Anxiety

Date: Wednesday 2nd March 2022

Time: 6.30pm - 8.00pm

What's it about? This workshop will explore some of the key ways in which parents can manage exam and assessment stress and will provide an insight into how stress can be managed positive with real strategies that parents can try.

Where: Kings Langley Secondary School, Love Lane, Kings Langley, WD4 9HN

Housing 1:1 Advice Sessions (*via telephone*)

Date: Tuesday 8th March 2022

Time: 9.30am – 9.55am, 10.00am – 10.25am, 10.30am – 10.55am, 11.00am – 11.25am

What's it about? Speak to a member of Dacorum Borough Council Housing Team for a free 25-minute appointment who will offer advice and guidance to any housing queries.

Autism Support – 1:1 Advice Sessions

Date: Wednesday 30th March 2022

Time: 9.30am – 10.00am, 10.05am – 10.35am, 10.40am – 11.10am and 11.15am – 11.45am

What's it about? Jill Stevens, Specialist Teacher for Autism & Communication will be holding free 30 minute 1:1 advice for parents with children who have an Autistic Spectrum Disorder (ASD) Diagnosis or suspected ASD.

Where: Gade Community Room, c/o Chaulden Junior School, School Row, Hemel Hempstead, HP1 2JU

If you would like to book onto any of these sessions or to find out more information, please contact Emma Christie on 07538 232069 / 01442 278793 or email: christiee.gadesfs@kls.herts.sch.uk