

Weekly online Workshop and Support: Every Tuesday 10am-12pm during term time.



Each week there will be an hour long workshop on a specific topic that you can listen to and ask questions. Following this there will be an hour where we open to discussions/chats about **any topic or concern** and can offer help support and guidance.

Weekly topics are detailed on our programme.

Monthly in person support Letchworth and Stevenage: Will be running on a Wednesday see programme for dates





Our podcasts series "Neurodiversity Chats" cover a wide range of topics, search "Neurodiversity Chats" on Spotify or Apple Podcasts or listen on our website: https://angelssupportgroup.org.uk/podcasts/

Follow us on social media for updates:











Zoom every Letchworth Zoom Stevenage **Tuesday** Thursday eve Wednesday Wednesday 10am-12noon 7.30pm-8.30pm 10am-12noon 10am-12noon 7th Jan 6thJan Meet Up and Chat Women and Girls 14th Jan 13thJan Meet Up and Chat Understanding and Supporting ADHD 20th Jan 22ndJan Speaker: Dr Sarah **Evening Parent/Carer** Lewis-Hayes What should be in an EP Support Group report. 27thJan 28th Jan **Speaker:** Charley Crowe Meet Up and Chat (SAAS) Social Stories and Comic Strip Convos 4th Feb 3rdFeb Meet Up and Chat **EBSA** 12th Feb 10thFeb **Evening Parent/Carer Understanding PDA** Support Group

FEBRUARY HALF TERM - 16th - 22nd Feb

For support during this period please contact The Neurodiversity Support Hub: Tel: 01727 833963

lines are open from 9am-1pm weekdays www.add-vance.org/parents/neurodiversity-support-hub/

Zoom **Zoom every Tuesday** Letchworth **Stevenage** Thursday eve 10am-12noon 10am-12noon 10am-12noon 7.30pm-8.30pm 25th Feb 24th Feb Meet Up and Chat Speaker: Paul Chambers Poets In - Wellbeing 4th March 3rd March Meet Up and Speaker: Helen Nice2Meetya Chat Rejection Sensitive Dysphoria (RSD) 10th March 12th March SEN Support: Ordinary **Evening Parent/Carer** Available Provision Support Group (OAP)and EHCPs 17th March 18th March Helping to reduce meltdowns Meet Up and Chat 25th March Meet Up and 24th March Chat **Supporting Sensory Needs**

EASTER HOLIDAYS 30th March - 13th April

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