

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.



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:



www.angelssupportgroup.org.uk

Zoom every
Tuesday
10am-12noon

Letchworth
10am-12noon

Stevenage
10am-12noon

Zoom
Thursday eve
7.30pm- 8.30pm

7th Jan
Supporting your child in
Mainstream School
without an EHCP.

Thu 9th Jan
Meet Up and Chat
*In partnership with the Letchworth
Family Support Team*

14th Jan
Making the most of
meetings with
professionals.

Thu 16th Jan
Meet Up and Chat

21st Jan
Girls and Women

23rd Jan
Evening Parent/Carer
Support Group

28th Jan
Understanding PDA

Thu 30th Jan
Meet Up and Chat
*In partnership with the Letchworth
Family Support Team*

4th Feb
Why Autism and ADHD
affect sleep

Thu 6th Feb
Meet Up and Chat

11th Feb
Reducing conflict

13th Feb
Evening Parent/Carer
Support Group

HALF TERM 17th-21st February

For support during this period please contact **The Neurodiversity Support Hub:**

Tel:01727 833963 lines are open from 9am-1pm weekdays

URL: <https://www.add-vance.org/parents/neurodiversity-support-hub/>

**Zoom every
Tuesday
10am-12noon**

**Letchworth
10am-12noon**

**Stevenage
10am-12noon**

**Zoom
Thursday eve
7.30pm- 8.30pm**

25th Feb
Emotionally Based
School Absence

Thu 27th Feb
Meet Up and Chat
*In partnership with the Letchworth
Family Support Team*

4th March
Managing Meltdowns
and Rages

Thu 6th March
Meet Up and Chat

11th March
Resistant Eaters

13th March
Evening Parent/Carer
Support Group

18th March
Supporting your child's
sensory needs

Thu 20th March
Meet Up and Chat
*In partnership with the Letchworth
Family Support Team*

25th March
Executive Function
Dysfunction

Thu 27th March
Meet Up and Chat

1st April
Understanding and
Responding to your
child's behaviour

3rd April
Evening Parent/Carer
Support Group

EASTER 7th-21st April

For support during this period please contact **The Neurodiversity Support Hub:**

Tel:01727 833963 lines are open from 9am-1pm weekdays

URL: <https://www.add-vance.org/parents/neurodiversity-support-hub/>