



**ADD-vance**

The ADHD and Autism Trust



# **SUPPORT GROUPS**

## **FREE ONLINE SUPPORT GROUPS FOR HERTS PARENTS/CARERS**

### **ABOUT THE GROUPS**

ADD-vance runs regular support groups which provide an opportunity for you to meet other local parents and discuss individual concerns with two specialist ADD-vance coaches. We welcome parents and carers who have a formal diagnosis for their child, as well as those who do not have a formal diagnosis but would like to learn more about neurodiversity.

### **TIME AND PLACE**

#### **Sleep Support Group**

**Weds 1/11 - 7.30-8.30 pm**

#### **General Primary Aged Children Support Group**

**Tues 7/11 - 1-2 pm & 05/12 - 7.30-8.30 pm**

#### **General Secondary Aged Children Support Group**

**Tues 14/11 - 1-2pm**

#### **Parents/Carers of 16 to 24 yrs Support Group**

**Tues 21/11 - 7.30-8.30 pm**

#### **PDA Support Group**

**Tues 28/11 - 1-2 pm**

**ALL ONLINE VIA ZOOM**

☎ 01727 833963

✉ [herts@add-vance.org](mailto:herts@add-vance.org)

🌐 <http://www.add-vance.org/>

**Book your FREE ticket on <http://add-vance.eventbrite.com/> or  
visit our website <http://www.add-vance.org/>**

These groups are open to residents of Hertfordshire only