

Coming soon:

UNDERSTANDING MY AUTISM AND ADHD

A 6-week programme tailored to help young people learn more about neurodiversity and their own experiences.



Through interactive sessions

young people can discuss their strengths, challenges, and strategies for navigating daily life.

The activities and discussions aim to enhance self-awareness, boost self-esteem, and improve confidence.

Eligibility

- Diagnosis of Autism or ADHD, or both
- School years 3-11
- Hertfordshire resident

This is part of a wider pilot project for neurodivergent children and young people being commissioned by HCC and the NHS.



For more information
or to make a referral:
services@spaceherts.org.uk



Funded by Hertfordshire County Council

