

# UNDERSTANDING MY....

## Empowerment Courses for Children and Young Teens in Hertfordshire



UNDERSTANDING MY **ADHD**  
UNDERSTANDING MY **AUTISM**  
UNDERSTANDING MY **NEURODIVERGENCE**

Join us for transformative 6-week group courses designed to empower autistic & ADHD children and young teens. Through interactive sessions, participants will explore what their Neurodivergence means to them, identify strategies to support their well-being, articulate their needs, and celebrate their uniqueness.



[add-vance.org/children-young-people](https://add-vance.org/children-young-people)

### COURSE DETAILS

Online & Face-to-Face sessions 

6 Week Courses 

Ages 7-11 & 11-13 

  
Hertfordshire and  
West Essex  
Integrated Care Board



Hertfordshire

**ADD-vance**  
The ADHD and Autism Trust