

You Are Not Alone - Free Parent Online Drop-In

Parenting an autistic child can feel amazing, confusing, and overwhelming, sometimes all in the same day. That's why we host our **no-cost monthly online drop-in sessions for parents and carers**.

Normally we run the monthly drop-ins on the 1st Tuesday of the month but in **DECEMBER we run 5 drop-in sessions from Monday 1st December - Friday 5th December.**

First Tuesday of every month

7pm - 8.30pm

Platform: Zoom



Erik Wagter - host of the drop-in

What these sessions are all about:

We've created a safe, non-judgemental space where parents can bring their questions, share worries and connect with others who 'get it'.

Topics often included:

- Understanding and responding to challenging behaviour
- Making sense of autism on a deeper level
- The ups and downs of family relationships and dynamics
- Working with schools and professionals
- Meeting like-minded parents and realising you are not alone



What parents say:

*'Thank you so much for the group this evening. I can't tell you how grateful I feel, and I really do feel less alone and more validated. **My hope is back**'*

Who runs the sessions?

I'm Erik Wagter, co-founder of Autism Family Support Service. Alongside being a social worker, trainer and Solution Focused family coach, I also bring over two decades of personal lived family experience of autism. Sometimes my wife Sally will join in as well.

If you would like to join please send an email to sallywagter@gmail.com and we will send you the Zoom link.