

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**.

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 can expect to take away:

- Feeling heard, appreciated, and understood
- Knowing they are seen as the experts on their own child and family
- Feeling hopeful and having gained practical ideas

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.

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