

# YOU ARE NOT ALONE

*You are the expert of your child*

**You Are Not Alone - Every 1<sup>st</sup> Tuesday of the month - 7.00pm - 8.30pm**

A free monthly online drop-in for parents & carers

The **You Are Not Alone** community is a friendly and safe space run by Erik & Sally Wagter where you can come and learn about autism & PDA, ask questions, connect with like-minded people or simply hang back and listen in.



In this community we talk about all sorts of things such as:

- helping your child regulate their emotions & feelings
- understanding autism and PDA
- navigating school and EHCPs
- Supporting your child with friendships
- understanding and managing challenging behaviour
- managing sensory needs
- developing a positive relationship with your child (family dynamics)
- exploring EOTAS or home education
- looking after your wellbeing
- and so much more



## Here's what parents said:

*'My husband Jamie was saying that in the last few sessions, he has learned **so much more about autism and PDA** than he has over the last year'*

Jo (parent)

*'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'*

Louise (parent)

*'**Thank you so much for your support.** I nearly chicken out in speaking but I'm glad I did. These sessions have been really helpful and I don't feel so alone'*

Emma (parent)

If you would like to join the **next drop-in on Tuesday 6<sup>th</sup> January**, please send an email to [sallywagter@gmail.com](mailto:sallywagter@gmail.com) and we will send you the **Zoom** link.