



You Are Not Alone Drop-in

Every 1st 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 listen and learn from other people's conversations.



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

- helping your child regulate their emotions & feelings (meltdowns etc)
- 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 have 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 past 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)*

You can request the **Zoom link** on our website

<https://youarenotalone.community> or you can send an email to

team@youarenotalone.community

