

Dear Headteacher/SENCO,

I'm writing to let you know about a free online support opportunity for parents and carers that we run through the Autism Family Support Service.

**The next drop-in takes place Tuesday 4th November.**

We'd love it if you could share this with families who may benefit. Please find attached information you can pass on to the parents/carers.

**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'*

*Juliet, parent*

### **You Are Not Alone - Free Online Parent 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

**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 we would like parents 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.

These sessions are a chance for parents to talk openly, learn, and connect. They don't have to do this on their own.

If you have families who may be interested, please let them know they can email [sallywagter@gmail.com](mailto:sallywagter@gmail.com) and we will send them the Zoom link.

Thank you for helping us spread the word. Together we can make sure parents know they are not alone.

Kind regards,

Erik Wagter

Co-founder of Autism Family Support Service  
[www.autismfamilysupportservice.com](http://www.autismfamilysupportservice.com)