

## **Free monthly online drop-ins for parents & carers of children diagnosed with autism and PDA (or suspected autism)**

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

The next drop-in takes place on 6th January 2026.

### **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**.

#### **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. From time to time I will be joined by Sally Wagter who is a teacher, author and trainer.

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