



Support for parents & carers who have children diagnosed (or suspected) with autism & PDA

At **You Are Not Alone** you'll find a safe, welcoming space to connect with like-minded parents and carers. You will find guidance and understanding to help you support your child with meltdowns, emotional dysregulation, education and so much more - right from the start.

Topics that will be discussed are:

- 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



Erik & Sally

Erik is a social worker and Sally is a teacher. Both come with 20+ years of lived experience being the parent of an autistic child.

Here's what parents have said:

*'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*

Support we would like to offer you:

Free Monthly Drop-in - ever 1st Tuesday of the month from 7pm - 8.30pm (Zoom)

A whole free month membership - access to our **weekly drop-ins** (Mon morning 10 - 11am and Tuesday evening 7pm - 8.30pm) plus access to our **online library of resources** as well as our supportive **You Are Not Alone Whatsapp group** for daily connection and support

To gain access to either of the above options, please go to
<https://youarenotalone.community>