

Counselling Support Groups

For parents of children with special needs



Location: Baulkham Hills

Carers NSW fund these groups to enable parents to meet and tell their story, give and gain support from other families and carers. The focus is on how to take better care of ourselves and not 'burn out'. The groups deal with issues of family and relationships, the grief process and how to cope on bad days. They can help with the feelings of loss, isolation, exhaustion and the impossible role of parenting different children.

The groups run for 2 hours, 8 consecutive weeks and are run by a counsellor who is a mum of a child with Autism.

For further information and to secure your place in either group

Contact Justine

0414 237 383

justinew@three.com.au

www.counsellingforall.com

Venue:

The Activity Room
Thompson Hall
Balcombe Heights Estate
92 Seven Hills Road
Baulkham Hills

Commencing:

Wednesday 29th April 2009

Times:

Group 1: 9.30am to 11.30am

Group 2: 12.30pm to 2.30pm

Groups meeting dates:

Wednesday 29th April 2009

Wednesday 6th May 2009

Wednesday 13th May 2009

Wednesday 20th May 2009

Wednesday 27th May 2009

Wednesday 3rd June 2009

Wednesday 10th June 2009

Wednesday 17th June 2009

Fees for groups are based on need, not ability to pay. Phone to discuss your circumstances.



Justine Watson

COUNSELLOR

Dip Counselling CM CAPA