

# Counselling Support Groups

For parents of children with special needs

## Location: Chatswood

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 contact**  
**Justine 0414 237 383**  
**[justine@counsellingforall.com](mailto:justine@counsellingforall.com)**  
**[www.counsellingforall.com](http://www.counsellingforall.com)**

## Venue:

Lizard Centre (conference Rm2)  
126 Greville Street  
Chatswood NSW 2067

## Commencing:

Monday 1st February 2010

## Mondays

Group 1: 9.30am - 11.30am

Group 2: 12.30pm - 2.30pm

## Groups meeting dates:

1st February 2010

8th February 2010

22nd February 2010

1st March 2010

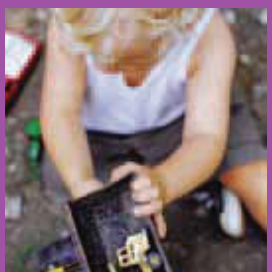
8th March 2010

15th March 2010

22nd March 2010

29th March 2010

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



Justine Watson  
Dip Counselling M CAPA  
COUNSELLOR