

# Counselling Support Groups

For parents of children with special needs

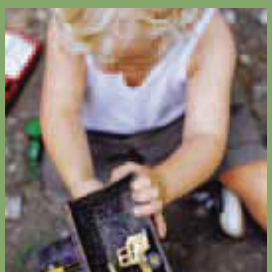


## Location: Chatswood

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:

Wednesday 28th July 2010

## Wednesdays

Group 1: 9.30am - 11.30am

Group 2: 12.30pm - 2.30pm

## Groups meeting dates:

28th July 2010

4th August 2010

11th August 2010

18th August 2010

25th August 2010

1st September 2010

8th September 2010

15th September 2010

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