

Counselling Support Groups

For parents of children with special needs



Location: St Marys

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:

Lifestart Nepean
8-10 Carinya Road (Corner of Crana and Carinya Roads)
St Marys.

Commencing:

Wednesday 4th February 2009

Times:

Group 1: 9.30am to 11.30am
Group 2: 12.30pm to 2.30pm

Groups meeting dates:

Wednesday 4th February 2009
Wednesday 11th February 2009
Wednesday 18th February 2009
Wednesday 25th February 2009
Wednesday 4th March 2009
Wednesday 11th March 2009
Wednesday 18th March 2009
Wednesday 25th March 2009

Childcare:

Limited spaces available

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



Justine Watson
COUNSELLOR
Dip Counselling CM CAPA