

Counselling Support Groups

For parents of children with special needs



Location: Glebe

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.

Childcare available on request

Contact Justine

0414 237 383

justinew@three.com.au

www.counsellingforall.com

Venue:

**Glebe Schools
Community Centre
(in the grounds of
Glebe Public School)**

9-25 Derwent Street
Glebe

**Mondays
10.00am - 12.00am**

Groups meeting dates:

8th September

15th September

22nd September

29th September

6th Oct - public holiday -
no group

13th October

20th October

27th October

3rd November



Justine Watson
Dip Counselling M CAPA
COUNSELLOR