

Counselling Support Groups



for parents of children with special needs

Presented by Justine Watson

Funded by Carers NSW in support of parents with children who have special needs.

Location: Maroubra

Carers NSW support these groups to enable parents to meet and tell their story, give and gain support. 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 to all Lifestart families.

Venue:

Lifestart

Maroubra Bay Primary School

Commencing:
Wed 30th July 2008

Wednesdays

12.30pm - 2.30pm

Groups meeting dates:

30th July

6th August

13th August

20th August

27th August

3rd September

10th September

17th September



Justine Watson

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COUNSELLOR

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