

Counselling Support Groups

For parents of children with special needs

Location: Kingsford

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

justinew@three.com.au

www.counsellingforall.com

Venue:

17 Rigney Avenue
Kingsford
(off Sturt Street)

Commencing:

Monday 27th April 2009

Mondays

9.30am - 11.30am

Groups meeting dates:

27th April 2009

4th May 2009

11th May 2009

18th May 2009

25th May 2009

1st June 2009

8th June 2009

15th June 2009

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



Justine Watson
Dip Counselling M CAPA
COUNSELLOR