

# Counselling Support Groups

For parents of children with special needs



## Location: Rose Bay

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](mailto:justinew@three.com.au)**  
**[www.counsellingforall.com](http://www.counsellingforall.com)**

## Venue:

Magnolia Healing Centre  
Cnr Dover Rd & Old South Head Rd  
Rose Bay NSW 2026

## Commencing:

Wednesday 21st October 2009

## Wednesdays

group 1 9.30am - 11.30am

group 2 12.30pm - 2.30pm

## Groups meeting dates:

21st October 2009

28th October 2009

4th November 2009

11th November 2009

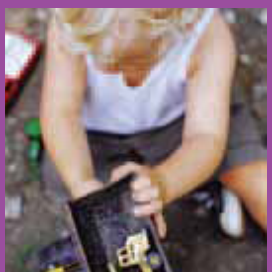
18th November 2009

25th November 2009

2nd December 2009

9th December 2009

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



Justine Watson

Dip Counselling M. CAPA

COUNSELLOR