

Parents of Kids with Autism: Support Group

Term 2, 2017

10am-11:30am (arrive in time to get a cuppa
before we start!)

Places limited: bookings essential
RSVP: Kate Reimer – 0428 735 999

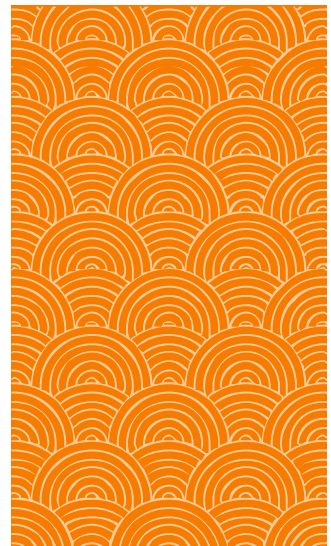
Cost: \$10 per person/session

UrbanLife
143 Maroondah Hwy, Ringwood

Group Facilitator Bio:

Kate works with LIFE International, offering counselling to children, youth and adults. Prior to counselling, Kate worked as a nanny and observed firsthand the joys and challenges children with autism bring to families. She welcomes parents of kids with autism to come along for a practical discussion around topics designed to support and equip families as they navigate their way through life.

Come have a cuppa, meet others on similar journeys (because it's good to have friends who "get it!"), and find some new tools to make the awesome job you do just that little bit easier. It'll be relaxed, safe, and we might even have some fun!



Topics

Self-Care:

Wed, April 19

**Managing Stress
and Anxiety**

Through

Mindfulness:

Wed, May 3

Grief and Loss:

Wed, May 17

Marital Health:

Wed, May 31

**Sibling Mental
Health:**

Wed, June 14

**Celebration and
Hope:**

Wed, June 28

