

**ASPERGER SYNDROME PARTNER INFORMATION
AUSTRALIA (ASPIA) INCORPORATED**

(Formerly **GRASP** Partner/Spouse Support Group)

*"Mutual acknowledgement and understanding
of the Asperger marriage experience"*

NEWSLETTER – August 2010

Our meeting this Saturday 7 August will be at the usual time, 2pm – 5pm

College of Nursing, 14 Railway Pde, Burwood, 2nd Floor
\$2 Members / \$5 Non-Members (covers room hire, etc)

Clinical Psychologist **JEROEN DECATES** will be attending
and facilitating a general discussion time

Our meetings with Jeroen are always stimulating and very informative
Bring your questions!

ASPIA is a support group specifically focused on the support & recovery needs
of the non-Asperger partner in a relationship.
Please see page 2 of the Newsletter, and also our website for information about
support groups specifically for adults with Asperger's Syndrome.

ASPIA Lunch Club meeting before support group meeting
Sapori Di Roma – Bar, Pizzeria, Restaurant

117 Burwood Road, Burwood, next door to previous venue and opposite Hungry Jack's
Arrive any time between 12noon & 2pm. All welcome.

Please join us for our special workshop event coming up:

Girls and Women with Asperger's Syndrome

Presented by **Professor Tony Attwood**
with **Camilla Connolly** and **Megan Hammond**
Hosted by ASPIA INC

Saturday 2 October 2010, 8.30am – 4.30pm
Campbelltown Catholic Club, Fitzroy Room
Includes all refreshments
and an opportunity to purchase books

Registrations essential

Follow link for information and registration form:

http://www.aspia.org.au/eventsarchive/2010/Attwood_October/Workshop_Flyer-Girls_and_Women_with_Aspersgers.pdf

**This event has been endorsed by the Australian Psychological Society
for 6 hours of continuing professional development**

ASPIA INC
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Conference on Adult ADHD “**Pathways to Resilience**”,
Saturday 18 September, 2010 – www.add.org.au

ASPIA's list of self-care suggestions

Available on our website at

<http://www.aspia.org.au/pdf/2009/ASPIASelf-CareSuggestions6June09.pdf>

Other partner support groups/contacts in Australia

Brisbane: Visit www.aspiepartners.com

Gold Coast: Phone Tricia on 0413 085 174

Northern Rivers, NSW: Phone Debbie on (02) 6676 0483, Email: northernriversasdnetwork@gmail.com

Central Coast, NSW: possible informal group to start, contact ASPIA

Illawarra/Shoalhaven, NSW: Informal group, Phone Sylvia (02) 4295 7327

Canberra: Phone Anita on 0434 165 604

Perth: Phone Roz on (08) 9284 5252, Email: rozsdesk@inet.net.au

Melbourne: Visit forum at <http://mc2.vicnet.net.au/home/aspartnr/index.html> .

Adelaide: Phone Heike Haffer on 0431 039 136, email heikehaffer@hotmail.com

ASPIA Meeting Dates for 2010

January 2 – NO MEETING	July 3
February 6	August 7
March 6	September 4
April 3 (Easter weekend)	October 2 – Tony Attwood
May 1	November 6
June 5 – ASPIA's 7 th Anniversary	December 4

Support groups and resources for adults with Asperger's Syndrome

Support Group for Adults with AS – Burwood, Sydney

2nd Saturday every month

Contact [Eleanor Gittins](mailto:Eleanor.Gittins@hotm.com) on 0408 954 358 or email janetgittins@hotmail.com

Support Group for Adults with AS – Nowra area, NSW

Last Saturday of every month

New time & venue 11.30am **The Art Centre, 12 Berry Street, Nowra**

Contact [Eleanor Gittins](mailto:Eleanor.Gittins@hotm.com) on 0408 954 358 or email janetgittins@hotmail.com

Support group for Adults with AS – North Shore, Sydney

Visit website for announcements www.jdpsy.org

Or call [Jeroen Decates](mailto:Jeroen.Decates@hotm.com) on 0402 028 588

AS Social Group – Wollongong

First Wednesday of every month, 6.00pm – 8.00pm

Corrimal Pub, Corner Railway Street & the Princes Hwy, Corrimal.

Please contact Samantha at asd.support@hotmail.com

Aspect also has resources for adults: Email: infoline@autismspectrum.org.au or Phone: 8977 8377

Workshops on Relationships, social skills, sexuality – Liz Dore, www.relationshipsandprivatetestuff.com

A compulsion to hoard is often related to anxiety such as

Fear of loss; Control the uncontrollable; Predictability and future order; Concern with error;
Indecision, disorganisation, perfectionism, procrastination (From notes by Eleanor Gittins)

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