

ASPERGER SYNDROME PARTNER INFORMATION AUSTRALIA (ASPIA) INCORPORATED

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

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

NEWSLETTER – March 2010

Our next ASPIA partner support group meeting will be this coming

Saturday 6 March, 2pm – 5pm

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

Counsellor & Educator LIZ DORE

will be attending and presenting:

"Supporting Relationship Phases from Acquaintance through to Intimate"

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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 dining together prior to ASPIA Meeting

Upstairs at the rear of the Avondale Hotel, Burwood Road, opposite Hungry Jacks, few paces from station.
Arrive any time between 12noon & 2pm. All welcome.

Book Recommendation

"My Life with Aspergers" by Australian Author Megan Hammond,
New Holland Publishers.

ASPIA's list of self-care suggestions

Is available on our website at

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

Online Australian Survey – Asperger's Syndrome in Parents and Couples
The University of Queensland is looking for participants for an online survey.

It's on Asperger's Syndrome in Parenthood and Couplehood.

Please follow this link: <http://exp.psy.uq.edu.au/parentresearch>

Follow the following link for a great article on Asperger's in Marriage

<http://www.lhj.com/relationships/can-this-marriage-be-saved/unsolvable-conflicts/my-husband-has-aspergers>

(Make sure you view all 3 pages, labelled "Her Turn", "His Turn" and "The Counsellor's Turn".)

Applications for Membership of ASPIA INC are invited from partners, ex-partners and others who identify as needing support, information and understanding from the non-Asperger perspective. This is not in any means to be seen as discriminatory, but focused on the needs of one group of people with a shared experience and who have no other safe or relevant place to discuss issues and gain insights (parents of adults with AS are also welcomed).

Membership is \$55.00 per person/family per year and
entitles members to discounts, library borrowing rights and inclusion on a peer support contact list.

We appreciate your financial support, even if you can't attend meetings

ASPIA Satellite Group (Partner support) in the Illawarra/Shoalhaven

Meeting informally now, contact Sylvia 4295 7327

ASPIA INC

ABN 30 583 771 917

PO Box 57 Macarthur Square LPO MACARTHUR NSW 2560

Web: www.aspia.org.au Email: info@aspia.org.au

Ph: 0432 507 828

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*"Empathic understanding restores to the lonely and alienated individual
a sense of belonging to the human race"*

New Partner groups

Canberra: Phone Anita on 0434 165 604.

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

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

2010 Special Events

Saturday 26 June 2010

Workshop with **Julie Peterson** on **AS and Mood Management**
Information available soon

Saturday 2 October 2010 (October long weekend)

Workshop with **Tony Attwood** on **Women & Girls with Asperger's Syndrome**.
Information available soon

Support groups and resources for adults with Asperger's Syndrome

Support Group for Adults with AS – Burwood, Sydney

Next Meeting on **Saturday 13 March** (2nd Saturday every month)

Contact **Eleanor Gittins** on 0408 954 358 or email janetgittins@hotmail.com

Support Group for Adults with AS – Nowra area, NSW

Next meeting **Saturday 27 March** (last Saturday of every month)

10.30am Nowra Central Library

Contact **Eleanor Gittins** 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** on 0402 028 588

New AS Social Group – Wollongong

First Wednesday of every month, 7.30pm – 9.30pm. First Meeting Wednesday 3 March

Please contact Samantha at asd.support@hotmail.com

Aspect also has **resources for adults**: Email: info@autismspectrum.org.au or

Phone: 8977 8377. For regional callers: 1800 069 978

*"All persons should have the right to their own opinions and thoughts
and should be in control of their own destiny, free to pursue their own interests in their own way
as long as they do not trample on the rights of others." Carl Rogers.*

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