

**ASPERGER SYNDROME PARTNER INFORMATION  
AUSTRALIA (ASPIA) INCORPORATED**  
(Formerly **GRASP** Partner/Spouse Support Group)

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

**NEWSLETTER – March 2012**

Our next support group meeting will be  
this **Saturday 3 March, 2pm – 5pm**

College of Nursing, 14 Railway Pde, Burwood, 2<sup>nd</sup> Floor

**\$10.00 per casual visitor/non-member**

**\$5.00 per member**

**Please bring something to share for afternoon tea**

Due to the success of our small group discussion time last month, we will follow this format again. Small groups are more comfortable for many, and allow more people an opportunity to share. See you there.

**ASPIA Meeting Dates for 2012**

February 4	March 3	April 7	May 5	June 2	July 7
August 4	September 1	October 6	November 3	December 1	

**ASPIA Lunch Club**

ASPIA Lunch Club meeting before support group meeting

**LITTLE NEPAL restaurant, Shop C, 135 Burwood Road, Burwood (Sydney)**

From Burwood Station, go left & up the hill, a few shops past the Westpac Bank and then cross the road. Arrive any time between 12noon & 2pm. All welcome

ASPIA's meetings are only suitable for **non-Asperger** individuals. ASPIA does not have the expertise to responsibly offer education or support to adults with Asperger's Syndrome. Individuals with Asperger's Syndrome are advised to see our website or copies of our previous Newsletters for listings of groups specifically set up to address the needs of those with Asperger's Syndrome. Thank you for your understanding.

**New informal group for partners on the Central Coast of NSW**

Initial meeting to be held on Saturday 10 March 2012 at 2pm

Ruby's Café, West Street, Umina

Future meeting plans will be made depending on interest

Contact ASPIA [info@aspia.org.au](mailto:info@aspia.org.au)

Please see our website or previous newsletters for  
other partner support groups/contacts in Australia &  
supportive contacts/groups for adults with Asperger's Syndrome  
Eleanor's Asperger adult group meets on the 2<sup>nd</sup> Saturday of every month.

A dear older Gentleman has been attending some of ASPIA's meetings lately, and made the following priceless comment: "I have learnt that the more I make of my own friends and own life, the better the home situation becomes."

This is great self-care, and a wonderful observation for him to share with us.

ASPIA INC

ABN 30 583 771 917

PO Box 57 Macarthur Square LPO MACARTHUR NSW 2560

Web: [www.aspia.org.au](http://www.aspia.org.au) Email: [info@aspia.org.au](mailto:info@aspia.org.au)

Ph: 0432 507 828

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Thoughts . . .

One of the greatest things about attending our support group is the validation we each experience as we hear each other's stories and share our own. We recognise our own struggles in the struggles of others and realise we are not alone, which is very comforting. It also begins to ease away the feelings of isolation and aloneness that are a characteristic of each one of our lives, and reassures us that we are not crazy or imagining things.

In our last meeting, we divided into smaller groups and, with the help of a printed hand-out, wrote down what we are finding the hardest to deal with at home at the moment.

I thought it could be beneficial to share some of these in this newsletter so that others on the mailing list can also experience the validation that those in the meeting did.

The things that group members were finding hard at the time of last month's meeting are as follows:

- Grief
- Perception of not having choices
- Not knowing where to place boundaries – what I will do and what I won't do
- Isolation, partner shutting down
- Disappointed expectations
- Unequal responsibility sharing
- Depression
- Anger
- Feelings of guilt
- Being blamed
- Control
- Change
- Clutter, disorganisation and hoarding
- Everything is just so hard, get stuck.

Perhaps more suggestions can be forwarded to us from others on the mailing list for inclusion on a group list for future discussions. Carol.

**Private Counselling for partners is now available**  
**by Skype, email or phone**

Carol Grigg

Dip. Counselling, Member ACA Level 1, Grad Memb AIPC

Rates: \$70 per hour (conc avail)

Hours: Mon & Thurs 1pm – 9pm, Fri & Sat 9am – 1pm

(face-to-face appointments available prior to monthly ASPIA meetings)

Enquiries [carolgrigg@live.com.au](mailto:carolgrigg@live.com.au)

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