


ASPIA

Providing support to partners of adults with Asperger's Syndrome since 2003

ASPIA Newsletter – April 2017

 **ASPIA's second meeting for the year (4 March) was on "Grief in the context of Asperger relationships" with Liz Pash presenting (Liz is a Grief Counsellor). The following feedback was received from someone new to the group: "Thank you Liz for facilitating and sharing at the ASPIA meeting today on Grief. It was my first visit, with a friend in tow, and we were so glad we came! It was a good feeling to be in a room with so many amazing women and listen to their stories, wisdom, courage, like struggles and to be surrounded by care and concern."**

 **At the beginning of our March newsletter I reported on our first meeting for the year (4 Feb) when Nola Norris presented "Making sense of Asperger Syndrome". I omitted the link to Nola's website and the amazingly informative hand-out she provided on the day. Nola wishes to make this hand-out available to everyone, so please follow the link to her website: <http://www.nelt.com.au/resources>**

Our next **ASPIA Partner Support Group** meeting for 2017 will be held this coming **Saturday 1st April**.

Please gather from 1.30pm for a 2.00pm start.

Our Presenter for this meeting will be **Natalie Black**, a long-time group member of ASPIA who is currently studying a Masters of Clinical Psychology. Natalie was in an AS / NT marriage for 11 years and is interested in the attachment dynamics of AS / NT relationships and how NT partners can best look after themselves. She is also very interested in neuropsychology and cognition, and wrote her honours thesis on facial recognition.

Natalie will share what she has learned from both the perspective of an NT partner, and from learning about psychology, and will be answering questions about self care and coping, as well as explaining any aspects of AS disorders people have come across and feel they need more clarification about.

ASPIA meeting location: Club Burwood at 97 Burwood Road, Burwood (Sydney) (corner George Street)

Who can attend: Partners and family members seeking support from the non-Asperger perspective.

Cost: \$10 for non-members, \$5 for members (membership is \$55 per year and includes several benefits including borrowing books from the library and being part of a private facebook group.)

Parking: The cheapest and closest parking is directly behind the Club in **John Street**. Wilson car park - \$4.

Lunch Club: Bistro area from 12 noon for those who'd like to chat over lunch before the meeting.

Dinner: Staying back afterwards for a drink or dinner has also become popular over the last 12 months.

ASPIA Meeting Dates for 2017

ASPIA

Providing support to partners of adults with Asperger's Syndrome since 2003

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

ASPIA April Newsletter Continued ...

Other places where you can stay in touch with ASPIA:

Facebook page: <https://www.facebook.com/Aspia-Inc-Asperger-Syndrome-Partner-Information-Australia-Inc-293809577377381/>

Meetup: <https://www.meetup.com/Sydney-Partners-of-Adults-with-Aspergers-Syndrome-ASPIA/>

Yahoo: We have an online discussion forum (\$25 subscription) – see our website www.aspia.org.au

Email: info@aspia.org.au

Website: please visit our website for information and articles, recommended professionals, and a range of other information and useful contacts and links – www.aspia.org.au

Documentary for the ABC

We have been contacted by Northern Pictures, the Sydney based production company behind the award-winning ABC TV series, *Changing Minds*. They are making a documentary series for ABC Television featuring people with neuro-diverse conditions such as Autism, Asperger's and Tourette Syndrome as they look for employment.

"We are looking for people who have had trouble finding work due to their conditions, but who are keen to find a job that suits their skills and talents. We want to show that having a neurological condition can be viewed as a strength, not a disability in the workplace. With the help of experts and specialists in the field, this uplifting and insightful series will draw on science to highlight job-seekers' skills and match them to roles that can harness their strengths. We all deserve the opportunity to work for a living and pay our way."

If you know someone who could contribute to this documentary, please follow this link:

<http://northernpictures.com.au/employable-me/>

Thought

As I mentioned in previous newsletters, I need to be excused from writing Newsletter Thoughts for the time being, but please remember if you feel the need for some validation at any time, we have dozens of Newsletter Thoughts in previous newsletters preserved on our website – www.aspia.org.au/newsletters.html

In the March newsletter I mentioned that the first of my two new grandchildren arrived 10 days early on the 21st February (a little girl) and that the next one was due on 11th April. Well, this little one (a boy) decided he wanted to try and catch up with his cousin and arrived 19 days early, last Thursday 23rd March. There were a few concerns for a week or so prior, but he is safe and well and very cute. Benson Isaac Grigg. So, it has been a busy time with all the anticipation condensed into a much shorter time. I am now happily settling into my new status as a Grandmother of three :) Wonderful days. Thank you to all those who sent through their congratulations after last newsletter, and for everyone's understanding.

ASPIA

Providing support to partners of adults with Asperger's Syndrome since 2003

I am definitely back on deck now to provide counselling for partners, so If anyone is wanting to contact me for some counselling sessions, please don't hesitate to email. I am available for phone or skype sessions, and face to face at my home if this is preferred.

My best wishes to all, and thanking you for your understanding,

Carol Grigg OAM

Dip Counselling, Member ACA

www.carolgriggcounselling.com.au