

ASPIA

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

ASPIA Newsletter – March 2017

✍ ASPIA's year began extremely well with 33 people in attendance at our February meeting to hear Nola's presentation on Making Sense of Asperger Syndrome. So much helpful information, supportive and thought provoking content, satisfying answers and great networking between partners before, during and after the meeting.

Our second **ASPIA Partner Support Group** meeting for 2017 will be held this coming **Saturday 4th March.**

Please gather from 1.30pm for a 2.00pm start (maybe bring a jacket in case the air conditioning is too cold)

Our Presenter for this meeting will be **Liz Pash** who will lead a discussion time and also talk about grief in the context of Asperger relationships.

Liz is an experienced Social Worker, Counsellor and educator who has a private Grief Counselling practice in Epping, Sydney, supporting people experiencing grief related to any type of loss, including death of a baby during pregnancy or infancy, death of a child of any age, death of a partner or parent, loss of relationship through divorce.

Liz also has a particular interest and expertise in supporting people whose partners have Asperger's Syndrome. Her husband has AS and she has been actively involved in the ASPIA group for over 15 years.

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

- March 4
- April 1
- May 6
- June 3

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- July 1
- August 5
- September 2
- October 7
- November 4
- December 2

ASPIA February 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

EVENT

Event that may be of interest: Tony Attwood and Michelle Garnett are holding a Master Class for adults and older adolescents with ASD Level 1 on Thursday/Friday 9th/10th March – see <http://www.mindsandhearts.net/events/master-class-adults-and-older-adolescents-with-asd-level-1/sydney>

Thought

As I mentioned in the February newsletter, 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

I mentioned that I will be welcoming two new little grandchildren into my life, and little Winslow Esma arrived 10 days early last Tuesday 21st February. She is very gorgeous, and both her and her mum are doing well. At the time of writing this newsletter I am in Albury busily helping and minding her big brother Harrison who is all of 21 months old and keeping me running. I get lots of cuddles though. April is the next big month when my eldest son and his wife are expecting their first child.

If anyone is wanting to contact me for some counselling sessions, please don't hesitate to email. I will be returning home to Sydney this week and 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
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