

## **SUPPORT GROUP FOR PARENTS WITH CHILDREN ON THE SPECTRUM**

I do a lot of work with families living with Autistic Spectrum Disorder and am always concerned about how exhausted parents can be. I am therefore starting a group called Parents' Play Time to give parents a chance to recharge.

I can tell you what it is not : it is not about talking about autism and it is not about complaining about the lack of services and/or understanding in the community. It is about relaxing and just being people having fun together. What else it will be will be up to the parents who attend - yoga?, art? seeing a movie?

Our first meeting is at the coffee shop at the Tourist Information Centre in Stanthorpe at 9:30am on Friday 8th March. Coffee at the first meeting is on me! We will meet fortnightly during school term. My name is Jo Yuile and my phone number is 0407917757. Hope to see you there!

Thanks  
Jo