

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

ASPIA

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

NEWSLETTER – December 2008 / January 2009

Next ASPIA Support Group Meeting – Saturday 6 December 2008

2pm – 5pm College of Nursing 14 Railway Pde Burwood

Could you please either bring a plate to share for our Christmas Party
or contribute with \$5.00 for non-members \$2.00 for members

Christmas and the holiday season are fast becoming our focus,
so we have asked **Patricia Berrutti** to come and speak for us on
SELF CARE AND SURVIVAL

Speaker Information ... *Patricia Berrutti has 20 years lived carer experience, and this encompasses Aged, Mental Health issues, Pain Management and has 4 Grandchildren who are profoundly deaf.*

In addition, Patricia holds a Diploma of Counselling & Communication, a Diploma of Clinical Supervision & Consultation, and a Certificate IV in Workplace Training & Assessment.

Patricia has been supporting families in various employed positions for 15 years within the Disability field, Mental Health, and medical fields, including palliative care.

Patricia has now educated over 800 families, including Culturally and Linguistically Diverse and Aboriginal families.

Extra Note: Patricia has facilitated many groups for Carers over the years. I have personally been a participant in at least three workshop groups where Patricia was the facilitator. Patricia has made a huge contribution in helping me recover perspective and re-establish healthy boundaries within my own circumstances. ... Carol Grigg.

ASPIA Lunch Club will still meet Saturday 6 December, 12noon – 2pm

The restaurant is easy to find, just 15 metres from the entrance to Burwood Station, upstairs in the Avondale Hotel, opp Hungry Jacks. Entry on Burwood Road.
Arrive any time between 12noon & 2pm. Come to the back of the restaurant. Most meals \$10-\$12. Coffee available. Great opportunity for fostering friendship. All welcome.

Workshops with Tony Attwood & Isabelle Hénault 13 & 14 March 2009

Don't forget that our **Early Bird price offer** expires on 20 December 2008

Please think about people and places you can pass the information on to. You may like to copy and paste the following wording and use it in emails/ letters or flyers for a notice board somewhere.

Asperger's Syndrome beyond Childhood

Two one-day Workshops with Dr Tony Attwood and Dr Isabelle Hénault
Friday 13 March 2009 "Asperger's Syndrome in Adolescence & Beyond"
Saturday 14 March 2009 "Asperger's Syndrome in Couple Relationships"
Wesley Conference Centre, Pitt Street Sydney. Registrations essential.
Visit www.aspia.org.au or phone 0432 507 828 for more information.

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
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ASPIA Lunch Club celebrates the New Year with a Picnic !

Saturday 3 January 2009, 12noon to 5pm, Burwood Park, Burwood

Help ASPIA Lunch Club welcome in the New Year with a long picnic in Burwood Park. Please bring your own picnic lunch and some food to share. Any time between 12noon & 5pm. We will be under a shady tree near the bandstand.

Just imagine ... we will enjoy the luxury of talking for 5 hours non-stop !
Children are welcome. Hope to see you there.

PS: If the weather's looking bad, please phone Ingrid on 9744 6623 between 9am & 11am or 0402 385 482 after 11am to find out if the picnic will still be going ahead.

Website address change for ASPAR website

This is a website for those who've been raised by a parent with Asperger's Syndrome, and is run by Judy Singer

The new address is www.aspar.wordpress.com

**TAFE classes for Young People with Asperger's Syndrome
Social & Occupational Skills**

TAFE, North Sydney Institute, 149 West Street, Crows Nest

February – July 2009

Tuesdays and Thursdays, 9.30am – 2.30pm

Contact : Simon Piggott, Ph: 9448 4431, Mob: 0434 322 451

Email: simon.piggott@tafensw.edu.au

Remember the Rainbow Room

This is a free service in Chatswood, a haven where families who are under strain can go to receive support, a listening ear, morning tea, talks, discussions, etc.

Phone Jane Frick for more information: 0407 918 689

Email: rainbowroom@nsc.org.au

Our first regular ASPIA support group meeting for 2009 is on 7 February

**On behalf of the Committee and Membership of ASPIA
I would like to wish everyone a Merry Christmas**



ASPIA is finishing the year stronger than ever, and all of us who attend meetings are feeling the benefit of having our own connecting point where we can talk frankly about our struggles and breakthroughs.

It's like finding our own "tribe", like we belong.

Being aware of the increased strains that can occur for families around this particular time of year, I personally would like to convey my hope for everyone that this Christmas time will bring improved well-being and that daily life won't seem quite so much like white water rafting.

See you in the New Year!

Carol Grigg

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