

**ASPERGER SYNDROME PARTNER INFORMATION  
AUSTRALIA (ASPIA) INCORPORATED**

(Formerly **GRASP** Partner/Spouse Support Group)

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

**NEWSLETTER – August 2010**

Our meeting this Saturday 7 August will be at the usual time, 2pm – 5pm

College of Nursing, 14 Railway Pde, Burwood, 2<sup>nd</sup> Floor  
\$2 Members / \$5 Non-Members (covers room hire, etc)

Clinical Psychologist **JEROEN DECATES** will be attending  
and facilitating a general discussion time

Our meetings with Jeroen are always stimulating and very informative  
Bring your questions!

ASPIA is a support group specifically focused on the support & recovery needs  
of the non-Asperger partner in a relationship.  
Please see page 2 of the Newsletter, and also our website for information about  
support groups specifically for adults with Asperger's Syndrome.

**ASPIA Lunch Club meeting before support group meeting**  
**Sapori Di Roma – Bar, Pizzeria, Restaurant**

117 Burwood Road, Burwood, next door to previous venue and opposite Hungry Jack's  
Arrive any time between 12noon & 2pm. All welcome.

Please join us for our special workshop event coming up:

**Girls and Women with Asperger's Syndrome**

Presented by **Professor Tony Attwood**  
with **Camilla Connolly** and **Megan Hammond**  
Hosted by ASPIA INC

Saturday 2 October 2010, 8.30am – 4.30pm  
Campbelltown Catholic Club, Fitzroy Room  
Includes all refreshments  
and an opportunity to purchase books

**Registrations essential**

**Follow link for information and registration form:**

[http://www.aspia.org.au/eventsarchive/2010/Attwood\\_October/Workshop\\_Flyer-Girls\\_and\\_Women\\_with\\_Aspersgers.pdf](http://www.aspia.org.au/eventsarchive/2010/Attwood_October/Workshop_Flyer-Girls_and_Women_with_Aspersgers.pdf)

**This event has been endorsed by the Australian Psychological Society  
for 6 hours of continuing professional development**

ASPIA INC  
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Conference on Adult ADHD “**Pathways to Resilience**”,  
Saturday 18 September, 2010 – [www.add.org.au](http://www.add.org.au)

## **ASPIA's list of self-care suggestions**

**Available on our website at**

<http://www.aspia.org.au/pdf/2009/ASPIASelf-CareSuggestions6June09.pdf>

## **Other partner support groups/contacts in Australia**

**Brisbane:** Visit [www.aspiepartners.com](http://www.aspiepartners.com)

**Gold Coast:** Phone Tricia on 0413 085 174

**Northern Rivers, NSW:** Phone Debbie on (02) 6676 0483, Email: [northernriversasdnetwork@gmail.com](mailto:northernriversasdnetwork@gmail.com)

**Central Coast, NSW:** possible informal group to start, contact ASPIA

**Illawarra/Shoalhaven, NSW:** Informal group, Phone Sylvia (02) 4295 7327

**Canberra:** Phone Anita on 0434 165 604

**Perth:** Phone Roz on (08) 9284 5252, Email: [rozsdesk@inet.net.au](mailto:rozsdesk@inet.net.au)

**Melbourne:** Visit forum at <http://mc2.vicnet.net.au/home/aspartnr/index.html> .

**Adelaide:** Phone Heike Haffer on 0431 039 136, email [heikehaffer@hotmail.com](mailto:heikehaffer@hotmail.com)

## **ASPIA Meeting Dates for 2010**

January 2 – NO MEETING	July 3
February 6	August 7
March 6	September 4
April 3 (Easter weekend)	October 2 – Tony Attwood
May 1	November 6
June 5 – ASPIA's 7 <sup>th</sup> Anniversary	December 4

## **Support groups and resources for adults with Asperger's Syndrome**

### **Support Group for Adults with AS – Burwood, Sydney**

**2<sup>nd</sup> Saturday every month**

Contact [Eleanor Gittins](mailto:Eleanor.Gittins@hotm.com) on 0408 954 358 or email [janetgittins@hotmail.com](mailto:janetgittins@hotmail.com)

### **Support Group for Adults with AS – Nowra area, NSW**

**Last Saturday of every month**

\*New time & venue\* 11.30am **The Art Centre, 12 Berry Street, Nowra**

Contact [Eleanor Gittins](mailto:Eleanor.Gittins@hotm.com) on 0408 954 358 or email [janetgittins@hotmail.com](mailto:janetgittins@hotmail.com)

### **Support group for Adults with AS – North Shore, Sydney**

Visit website for announcements [www.jdpsy.org](http://www.jdpsy.org)

Or call [Jeroen Decates](mailto:Jeroen.Decates@hotm.com) on 0402 028 588

### **AS Social Group – Wollongong**

First Wednesday of every month, 6.00pm – 8.00pm

Corrimal Pub, Corner Railway Street & the Princes Hwy, Corrimal.

Please contact Samantha at [asd.support@hotmail.com](mailto:asd.support@hotmail.com)

Aspect also has resources for adults: Email: [infoline@autismspectrum.org.au](mailto:infoline@autismspectrum.org.au) or Phone: 8977 8377

Workshops on Relationships, social skills, sexuality – Liz Dore, [www.relationshipsandprivatetestuff.com](http://www.relationshipsandprivatetestuff.com)

## **A compulsion to hoard is often related to anxiety such as**

Fear of loss; Control the uncontrollable; Predictability and future order; Concern with error;  
Indecision, disorganisation, perfectionism, procrastination (From notes by Eleanor Gittins)

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