

## ASPIA Newsletter – October 2018

 *Our next ASPIA partner support group meeting will be this coming **Saturday 6 October**.*

Unfortunately for us, our presenter for this meeting has had to pull-out due to unforeseen circumstances. This is the second meeting in a row that our presenter has had to give apologies.

For our September meeting we had about 30 people in attendance, and enjoyed a wonderful informal discussion time about many many things. Once again, the topic of self-care came up as being of utmost importance, but also the need to re-take charge of our own lives as individuals, even within the context of an ongoing couple relationship.

For our October meeting I will be bringing two downloaded videos of **Tony Attwood and Michelle Garnett** presenting, both about 40 mins long. **They are Part 1 and Part 2 of "Understanding your Partner"**. This will give us a focus for the meeting, and some education, and lots of content for discussion.

As usual, please gather from 1.30pm for a 2pm start.

**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 - \$5.

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 become popular.

### **ASPIA's remaining Meeting Dates for 2018**

- October 6
- November 3
- December 1

**If you wish to know more about ASPIA**, or read previous newsletters, other information and articles, or find the contact details for recommended professionals, etc, please visit our website: [www.aspia.org.au](http://www.aspia.org.au)

As always, my best wishes to all,  
Carol Grigg OAM, Dip Counselling, Member ACA  
[www.carolgriggcounselling.com.au](http://www.carolgriggcounselling.com.au)