



Square Peg Society is a non-profit, charitable organization supporting Autism Spectrum (ASD) adults in building independent, self-supporting lives.

www.squarepegsociety.ca

Facilitated Counselling for Parents

Many families feel frustrated over wait times to see counsellors, the difficulty finding a therapist with experience in autism, and the cost. While we appreciate that each ASD individual and their families and circumstances are unique, we feel that group counselling has value, and hope that ideas and solutions will come from sharing our experiences with those of other families with some of the same concerns.

We are proposing, for parents, 6 two-hour group sessions, once per month, beginning in September 2019, with Registered Clinical Counsellor, Colleen Fuller.

- Our overall goal is to gain better understanding of how to live with and how to encourage our kids, and some strategies for helping them to help themselves, and for living well together.
- Each month would have a focus that we would agree upon in advance.
- The cost of \$60 would be per family per month, to be paid when registering (\$60 x 6 = \$360.00). This amount would apply for one or two people representing a supported individual, regardless of whether these two are Mom & Dad, Dad & grandparent, Mom & caregiver, two Moms or Dads – whatever... There would be no refunds for missed sessions, as we would have to pay for our Counsellor regardless of who attends. I would cap the number of family groups at 10.
- Sessions would take place in the evening or on a Saturday afternoon, depending on the preferred day/time for the group.

If you are interested in participating in these six group counselling sessions for parents, please reserve a place by July 31, 2019, indicating your preferred day(s) of the week.

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About Colleen Fuller:

Colleen Fuller is a Registered Clinical Counsellor, B.A. Psychology, UBC, Masters of Counselling Psychology, City University, with a practice at Creative Solutions Counselling in New Westminister, BC. Colleen's Master's thesis was on the high stress levels experienced by the parents of children with ASD, and has given seminars on parenting neuro-diverse children, and on self-care and burnout, and on understanding Autism (for Counsellors). In her current practice she works with a number of ASD adults and facilitates groups on a regular basis for survivors of domestic abuse.