



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

[www.squarepegsociety.ca](http://www.squarepegsociety.ca)

### **Facilitated Counselling for Parents**

**These 6 two-hour sessions are for parents, and will be 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.
- There will be no refunds for missed sessions, as we would have to pay for our Counsellor regardless of who attends.

**Dates: 2019: Tuesdays: Sept 10, Oct 8, Nov 12, Dec 10**

**2020: Tuesdays: Jan 14, Feb 11**

**Time: 7-9:00pm**

**Where: Anne Kang MLA Constituency Office**

**105- 6411 Nelson Avenue, Burnaby (Nelson & Bennett)**

**Parking: Surface parking at eastern edge of Metrotown or underground parking at Metrotown, or at Bonsor Community Centre. Close to Metrotown Skytrain Station.**

**Format: Revisions may occur, if the group wishes. Each session will begin with each family being given an opportunity to check-in with the issues most pressing to them, followed by a brief talk from Colleen about that session's topic.**

**Sept 10:** Anxiety & stress reduction techniques (for them & us).

**Oct 8:** Effective communication with our ASD adults, hearing their concerns & fears, conveying our concerns to them.

**Nov 12:** Motivating our ASD adults, and their mental health & wellness.

**Dec 10:** Encouraging adult behaviours and acceptance of adult responsibilities, organizational skills & time management.

**Jan 14:** Respect & rights -theirs & ours.

**Feb 11:** Self-care, respite, food, fitness & hygiene - theirs & ours.

**About our counsellor, 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.

**Questions or Comments:** [joetteheuft@gmail.com](mailto:joetteheuft@gmail.com)