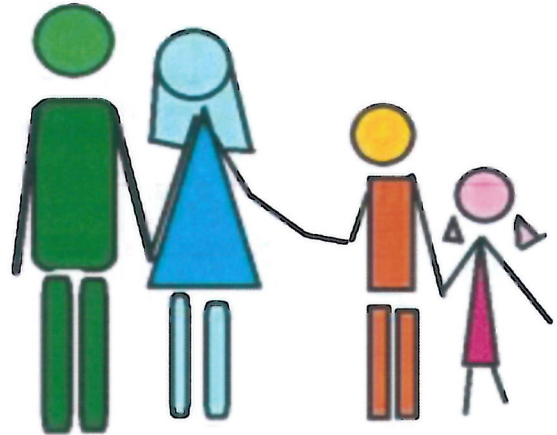


Parent Support Group

For Parents of Individuals with Autism Spectrum Disorder

You may benefit from this group if:

- ◆ You and your family are grappling with an understanding of autism and its effects on your family
- ◆ You are becoming overwhelmed and frustrated finding support services
- ◆ It feels challenging to find time to connect with your partner, family and friends
- ◆ You are looking to connect with other parents who may have similar experiences
- ◆ You experience anxiety, depression or other similar concerns



Group Focuses On:

- Building Family Supports
- Valuing Parents Knowledge
- Understanding Diagnosis and its Effects on the Family
- Caring for Yourself/Relationship
 - Connecting with Others

Groups led by Associate Marriage and Family Therapist

Claire Muller, AMFT# 107562

Supervised by

Katherine Morrill, LCSW #29875



SAN DIEGO Family Wellness Center
CENTER FOR CHILDREN
858-634-8300
cmuller@centerforchildren.org

Healing Hearts and Minds

2nd & 4th

Wednesdays 6:00-7:30pm

\$100- 6 sessions at a time

Round 1: Aug 14, Aug 28, Sept 11, Sept 25,
Oct 9, Oct 23

Round 2: Feb 12, Feb 26, March 11, March
25, April 8, April 22

**Group runs at 7339 El Cajon Blvd.
Suite J & K**

La Mesa, CA 91942