

Parents and Caregivers – This is about YOU!!!

This group therapy experience is for you,
but it will ultimately benefit your child, your family and your relationships



A six-week therapy group designed to explore how *autism impacts our lives*.

In this group, we will identify the feelings & issues you struggle with as a parent/caregiver:

- *Are you worried you are not doing enough to help your child?*
- *Are you a good advocate for your child? Do you know how to navigate the "system"?*
- *Has autism affected your marriage, relationships, social life or how you view yourself?*
- *Do you need more emotional support beyond that of your family and friends?*
- *Are you embarrassed to take your child in public due to unpredictable behavior and "what others may think"?*

Please join a group of your peers for insight, problem-solving, support and empowerment

When: Tuesday evenings, Oct. 26, November: 1, 8, 15, 22, 29
Time: 7:00 to 8:30 pm
Where: Sensory Solutions, 10560 Old Olive St. Rd., Creve Coeur
Cost: \$125 per person / \$175 per couple
Contact: 314-680-7781 or brschuver@yahoo.com

Barbara Schuver, MSW has a B.S. in psychology from the University of Michigan and a master's in social work from the Washington University George Warren Brown School of Social Work. Her experience includes: individual, group and family therapy, clinical case management, early childhood education and geriatrics. She specializes in psychotherapy for families with special needs issues. *She is also the proud mother of a wonderful fourteen-year-boy who has autism.*