3 Major Traps Mums and Dads of Kids with Autism Fall into that Increase Chaos in the Home and Make Routine Impossible

You Will Learn How To:

3 Trust Your Gut
Regain trust in yourself so you can make the right decisions.

2 Collaborate, not Isolate
Work together in harmony, so you don't feel like an isolated parent.

1 Move from Selfless to Self-Care
Looking after you first is essential so you can help create the family you want to live with.

Where - SPAN Neighbourhood House
When - March 20 - 10.30am - 12.30pm
Who should come - Mums and Dads - If possible, no kids as we want you to be able to focus and have this time for yourselves.

BOOKINGS - Essential as Places Fill Fast - Call (03) 9480 1364
For more information http://www.naturalautismsolutions.com
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