

Support Groups

Supporting and connecting people who support people with a disability

Support Groups are held regularly in response to demand by families. They offer an opportunity for individual family members to connect with others who are experiencing a similar situation.

Parents and carers with a family member with a disability may feel alone, isolated and possibly want to meet others who are going through the same experience. Being part of a support group can help provide real understanding and support, along with practical advice and strategies.

Current Support Groups

- Albury Wodonga Down Syndrome Family Network Group
- Albury Wodonga Home Schooling Family Network Group
- Aspire Family Network Group
- Aspire Family Network Group - Beechworth
- Aspire NDIS Support Group
- Mindful Art
- Attention Deficit Hyperactivity Disorder and/or Oppositional Defiant Disorder and Related Conditions Support Group
- Autism/Aspergers Family Network Group
- Caring Grandparents Network
- Dads Group
- Healthy Mothers Healthy Families Support Group Albury Wodonga
- Solo Parent All-Ability Support Group

Aspire encourages the development of new groups when a need arises. There is a potential for a range of groups that may be appropriate at different points in a carer's life:

- A group could be formed when first discovering that your child has a disability, or when experiencing challenging times.
- A coffee/morning tea group to gain ongoing support from other carers.
- A luncheon group with a speaker who will present information on topics of interest to many families.
- A group that takes on an advocacy role for others in a similar situation.

If you have any questions please feel free to contact your
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