



## PARENT SUPPORT GROUP

A wonderful, **FREE** group available for loved ones of all aged children, adolescents, or young adults who have been diagnosed with Autism Spectrum Disorder.

- **Feel safe:** The group is run by a professional facilitator to ensure everyone is afforded an equal opportunity to participate in a comfortable manner, allowing for sharing & networking.
- **Further your knowledge:** Learn from others including parents, mentors, and guest speakers.
- **Cope:** Realizing you are not alone and that others have survived challenging situations and emotions similar to what you may be experiencing.
- **Relax:** Free on-site child care is available as a courtesy of Channel Islands Social Services.
- **No burden:** It's an open style group, all about support, with no pressure to speak.

*"This is an excellent group if you're having difficulty coping with your loved one's diagnosis, struggling with getting services, feeling stressed, overwhelmed or alone."*

*"Perhaps you could benefit from information about ASD, opportunities, services and choices?"*

*"It's a supportive group if you are new to the area or facing a transitional period."*

Thanks to generous sponsorship by the Autism Society Ventura County & the New Beginnings Center of Counseling and Integrative Health, sessions are held every other Thursday from 5:30pm – 7:00pm at a convenient Camarillo location. RSVP's are highly preferred to enable preparation of seating, drinks and snacks, and are necessary to arrange childcare. For location and other information or to RSVP, contact:

Grant LaVigna at (805)987-3162 ext. 3 or via email at [grantlavignamft@gmail.com](mailto:grantlavignamft@gmail.com)

We look forward to hearing from you and seeing you there.