

# Researching Stress in Parents of Children with Autism



*Do you feel like you need support?  
Are you looking to meet other parents?  
Do you feel overwhelmed or alone?*

This study will include 7 no-cost parent support group sessions.

To participate we ask:

You attend 6 of the 7 one-hour sessions

Complete a short questionnaire before the 1st session and after the last session

Benefits of support groups:

Meeting people in a similar life situation

Reduced feelings of social isolation

Sharing & exchanging of information

Support & knowledge from leaders and other members

*Please call us today to register or if you have any questions*

To register or for more information, contact us:

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