

ASD Retreat

For parents of children with ASD

A one-day (or weekend!) parent escape to increase wellbeing and learn skills that have been shown to maximize the benefits of your child's intervention. Perfect for parents of a child with Autism Spectrum Disorder (ASD) of any age.

Why?

- Families of a child with ASD have lower overall family wellbeing, increased stress and higher rates of divorce.
- Family stressors negatively impact the diagnosed child and can even diminish the positive effects of ASD intervention.
- Some of the biggest stressors for parents include determining the right treatment options and having confidence in managing challenging behaviours.
- Research has shown that increasing parenting confidence decreases the reported symptoms of ASD in children.

What do you get?

Guest speakers:

- Dr Elisa Rough, Paediatrician, Mindfulness for parents and children.
- A parent of a teenage child with ASD presents about their family's experience of ASD, ABA and other interventions.
- Cathy Love, How to lead your child's special needs tribe (via video conference).

Amanda Abel and Cara Small, Paediatric Psychologists:

- Behaviour management that WORKS for children with ASD.
- Treatment options for children with ASD.
- How to improve the connection with your child with ASD.

Plus your choice of wellness activities such as wine tasting at the cellar door, reduced cost day spa treatments, guided relaxation or yoga.

Morning and afternoon tea and a full sumptuous lunch at Rae's restaurant.

Go home with a gift bag of give-aways from our generous supporters to keep up the self-care at home.

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\$190 early bird by July 8th, then \$235. Sales close August 10th unless sold out prior.

**Saturday August 27th, 2016 9.00-5.00 at Balgownie Estate: 1309 Melba Hwy, Yarra
Glen VIC 3775.**

To book please call 9079 8043 or email admin@centreforchilddevelopment.com and secure your place! Numbers strictly limited. Please draw on your social supports to have your kiddos looked after as this event is for parents only.