



## Asperger Adult Groups

### Sydney North

Jeroen Decates has been running an Asperger educational/support/therapy group for adults on Sydney's North Shore since June 2009. The aim of the group is to provide mutual support and skills training. Usually 6-8 men attend with an age range of early twenties to sixties. A separate women's group will be started as soon as enough interest is established. Please email Jeroen if you want to be considered for this group.

Here are some of the comments from current group members:

*"The group provides an opportunity to compare experiences as the AS experience is rather unique for everyone. It provides a forum to discuss common issues and to gain more understanding."*

*"We learn how others have similar life experiences to us, and how they deal with those experiences."*

*"I enjoy the chance to talk to others who have to deal with the problem of being socially isolated by AS, and the frustrations and depression that this can result in."*

*"The group gives me insights into how to deal with unforeseen social and work situations; mainly stories about situations that I don't get exposed to that often and sometimes strategies to deal with them."*

Jeroen Decates is a Senior Clinical Psychologist with more than 15 years experience with the Asperger's spectrum across the genders and all age ranges.

He runs Asperger educational workshops for Psychiatrists, Psychologists, School Counsellors and Teachers. He supports the work of [ASPIA](#) with twice-yearly talks.

The group is held at Hillview Community Health Centre on a monthly basis, Saturdays from 3PM to 4.30 PM. The cost for attending a group session is \$50 per person. A Medicare rebate may apply after a Medicare referral from your GP. An assessment interview is required before attending.

For bookings: email Jeroen Decates on [info@jdpsy.org](mailto:info@jdpsy.org)

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