

You're Not Alone

At many times it can feel as if you are alone in your struggles, but many families are living with a child who has Asperger's Disorder. By meeting with other families of children with Asperger's Disorder, you can learn new skills and techniques to provide the best possible life for your family.

Unlike most traditional support groups, our group is led by trained therapists. This allows for a more structured and engaging experience. Families will learn about Asperger's Disorder, important topics including building social skills, relationships and career goals. Joining this group will help you and your child manage Asperger's Disorder.



Nathan Driskell, MA LPC-Intern

**Supervised By:
Debbie Edmunds, MA LPC-S**

**Specializing in working
with children with
Asperger's Disorder**

**Therapy Provided At:
H.O.P.E Psychotherapy of
Houston, PLLC**

**17510 Huffmeister Rd. #103
Cypress, TX 77429
281-373-5200**

☰ **Nathan Driskell, MA LPC-Intern**

▶ **Does Your
Child Have
Asperger's
Disorder?**



**You're Not
Alone!**

Tel: 713-364-3519



Asperger's Disorder Can Be Managed.

Therapist-Led Asperger's Support Group

Led by Nathan Driskell, MA, LPC-Intern, this group works with parents of children with Asperger's to help them better understand how Asperger's affects their children. Goals include improving your child's peer interactions; making families more functional; planning for such future events as career, love relationships, and adult friendships. Unlike most support groups, this group is led by a therapist and will be structured as well as open to the needs of the group.

Flexible Group Structure

Many sessions will be based on a topic chosen by the therapists. These sessions will help teach practical techniques and new ways of understanding Asperger's Disorder. The better the family understands Asperger's Disorder, the greater the ability to manage and live with the Disorder. Other sessions will be more loosely structured, allowing group members the freedom to deal with problems specific to the group. Each session is 90 minutes long, once per week at H.O.P.E Psychotherapy of Houston, PLLC.

Skills and Topics of Interest

Children with Asperger's Disorder have different needs and are sometimes challenging. Some of the areas we will address are:

- Social Interaction
- Managing your Environment
- Communication
- Planning for the Future
- Academic Concerns
- Bullying
- Friends
- Importance of Objects
- Obsessions
- And More...



There is Hope

Your family does not have to be alone while raising a child with Asperger's Disorder. By joining our Therapist Led Support Group, you will gain the skills and mindset needed to help your child become a successful adult. If you have any questions, feel free to contact me by phone, e-mail or my website. There are many adults in the world with Asperger's Disorder who are leading productive lives. Do not give up hope, as your child is worth the effort.



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