



## Asperger Adult Group Sydney North

An Asperger educational/support group for adults is held on the Sydney's North Shore. This group commenced in June 2009. The aim of the group is to provide mutual support and skills learning and has on average 6 people attending with the ages ranging from early twenties to fifties. The group's mentor is Jeroen Decates, Clinical Psychologist, who has many years experience with Aspergers across the spectrum, genders and age range.

Here are some comments from the participants:

*"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."*

The group is held in the Wahroonga clinic on a monthly basis on a Saturdays from 2PM to 3.30PM. The cost for a group session is \$50.= per session per person with some eligible for a Medicare rebate after a Medicare referral.

An assessment interview is required before attending.

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

### Jeroen Decates

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