



Sandy Gurney

PARENT SUPPORT

YOU ARE NOT ALONE, PLEASE LET ME HELP YOU.

TODAY I JUST WANT
TO SURVIVE,
YES I THINK THAT IS
A GOOD PLACE
TO START TODAY!!!

FEELING OVERWHELMED

- Do you feel overwhelmed when it comes to parenting?
- Do you have a strong willed child and you don't know what to do?
- Do you feel judged by others?
- Are the happy days getting further apart due to stress?
- Do you need help with, and support to implement parenting strategies?
- Do you need tools to lower your stress?

Sandy Gurney Spec Needs Mum, Autism/Parent Support, Wellness Advocate

Call Me: 0439 570 664

\$25/30min session \$40/60min session

Sometimes a little support
from someone who
understands is all that is
needed.

IT'S OK TO ASK FOR HELP,
AND KNOWING A PLACE TO
BEGIN, I CAN HELP WITH
THAT.