

# ASPIES

Stark/Tuscarawas Counties

Support Group assisting parents of children with Asperger Syndrome,  
High Functioning Autism, PDD/NOS, & other spectrum disorders

*presents*

## HOLDING IT ALL

### *The Mental Load of Autism Parenting*

*An open support circle for parents of children on the autism spectrum*

*Parenting a child on the autism spectrum comes with an invisible mental load - heavy, constant, and often isolating.*

***This is a support-focused space where parents can:***

- *Talk openly about the emotional and mental weight of caregiving*
- *Share experiences with parents who truly understand*
- *Feel seen, heard, and less alone*

**This is not a class or training.**

**You're welcome to share, listen, or just be.**

**Support, understanding, and shared experiences come first.**

**Tuesday, March 3<sup>rd</sup> – 6-8 p.m.**

***This is a parent/caregiver only event.***

***Children not permitted to attend due to the sensitive nature of the info shared.***

***Please plan accordingly.***

**Please RSVP by March 2<sup>nd</sup> by texting Brittney at 330-323-0609 or  
email [brittney@aspies.org](mailto:brittney@aspies.org)**

**Meeting Location:  
Faith Baptist Church  
9481 State Route 212 NE  
Bolivar 44612  
(Enter main doors under awning & turn right)**

[www.aspies.org](http://www.aspies.org)