

You are invited to attend Independence Australia's

## Information and Support Group for Family Members of People with a Spinal Cord Injury

- Are you living with or supporting a partner or family member with a spinal cord injury?
- Would you like some support for yourself?
- Do you sometimes feel lost and/or overwhelmed?
- Would you like the opportunity to have your questions answered by people with experience in spinal cord injury?
- From your own experience, could you offer support to other people whose loved ones have recently been diagnosed with paraplegia/quadruplegia?

When someone suffers a spinal cord injury, life changes not only for that person, but also for their partner, friends and family. Independence Australia, with the support of the Royal Talbot Rehabilitation Hospital, invites you to attend a Support Group for Family Members.

**WHEN:** Second Tuesday of every month  
Starting Tuesday 10th March  
2:00 – 4:00pm

**WHERE:** Venue to be announced when you RSVP

The aim of the group is to support partners and family members, share experiences and practical support needs.

Meetings are held monthly and are informal and relaxed. Each month focuses on topics of interest to the group and relevant speakers may be invited to cover specialty areas.

The group is facilitated by a psychologist from Independence Australia. Jenny Koadlow is a clinical psychologist who has facilitated a number of groups in the past and specialises in working with people with chronic illness and/or a disability (and their families). Jenny has also had considerable personal experience of disability within her own family.

The group is a drop in group and is free to attend. Please contact Jenny for more details

**RSVP's to the group are essential by Monday 9th March**

**Contact:** Jenny Koadlow  
**Ph:** 9418 0410 / 0403 046 816  
**Email:** jennykoadlow@independenceaustralia.com  
**Web:** www.independenceaustralia.com

**Independence Australia** is a not-for-profit organisation providing community based services to enable people with spinal cord injury and other physical disabilities to achieve their desired quality of life.

For 50 years, we have continually modified and expanded our services to meet the needs of people with disabilities and their families.

### Psychology Service

At Independence Australia, we are trained and experienced in counselling people who are living with the challenges associated with spinal cord injury and other physical disabilities.

We run a variety of support groups, including the Support Group for Family Members.

We also provide free counselling support to individuals, couples and/or families with the aim of helping people achieve greater health, happiness and enjoyment in their lives.

**For more information about the Psychology Service, please contact:**

The Psychology Service  
Phone: 9415 1200



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