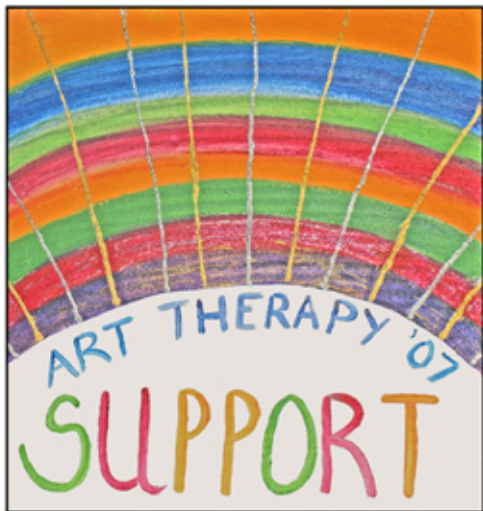


# THERAPY



The Parent Support Network, a group of adults who care for disabled children, recently ran a 12-week art therapy course to give time out and a creative outlet from this extremely demanding role.

Jenny Newman, chairperson of the network, said carers often struggled with friendships due to the demands of their role.

Jenny, a grandmother and primary carer of a disabled child, said art therapy was about working through feelings.