



Adveka Foundation  
An Organisation for Mental Health

## Emotional management & self care for parents of children with autism

In August 2017, Adveka Foundation partnered with Ashiana, a Mumbai-based organization that works with children who have autism. Group sessions were conducted with around 18 parents of children aged 3 to 16 years, on themes such as self care, emotional management, assertiveness training, healthy coping, and the importance of social support systems. Over the next few months, Adveka will carry out individual counselling sessions with the parents.



(Photo credit: Adveka Foundation)

## Self care sessions with secondary caregivers of kids with special needs



(Image for representational purposes only. Photo credit: Google)

Our partnership with Gharkul, a school for children with special needs, continued in August. After previously working with the children's primary caregivers — around 12 parents, Adveka held counselling sessions with the secondary carers of these children, i.e. about seven staff members of Gharkul. The topics covered included self-care, assertiveness training, emotional management, healthy coping, and how to deal with burnout.

## “Alcoholism impacts more than just the person suffering from it”

For as long as Tanvi can remember, her father used to drink. It was a fact of her life. Her father drank. Socially at first, but soon, he was drinking every day, at home or outside, despite her mother's increasingly aggressive opposition — a glass, a pint, a bottle. It took a toll on her parents' already volatile marriage.

Tanvi was three when her parents first began to live apart. After a particularly nasty fight, her mother took her and moved in with Tanvi's maternal grandparents. Tanvi's parents barely had any contact for the next few years. During that time, her father moved from Mumbai to Abu Dhabi. For the next half decade, Tanvi grew up without a father.

When Tanvi was about 10, her parents decided to try and live together again. But in the years that he lived alone, her father's drinking problem had worsened. An introvert with few friends, he tended to internalise and suppress his worries rather than share them. Whenever he visited them in Mumbai, Tanvi's parents' fights worsened. Home swung between being a warm, loving place and a warzone.

Tanvi took upon herself the responsibility of keeping her family together as much as she could. On her father's visits home, she tried to ensure that he consumed food and not just alcohol. For her mother, Tanvi became the shoulder to cry on. At an age when most girls' lives are about Disney and dolls, Tanvi became marriage counsellor, mediator, confidante and caregiver.

(To read the full article, please visit [advekafoundation.com/blog](http://advekafoundation.com/blog))