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Autism New Jersey E-News

March 2024

Empowering Families: Support and Wellness Resources

Caring for a child or adult with autism in the family impacts everyone - parents, siblings, extended family members, and other caregivers. Autism New Jersey is developing programs and resources designed for families to care for both themselves and their loved ones with autism.

Health and Wellness Coaching Sessions



Facilitated by our Director of Family Wellness, Amy Golden, M.S., BCBA, small groups of caregivers will meet in interactive

Moment by Moment: Taking Care of Ourselves

*“Life is a series of moments.
The quality of attention and
action that we bring to each
moment determines the quality
of our lives.”*

— Dan Millman

Learn to embrace each moment with mindfulness and self-care strategies. Find

sessions to learn strategies to promote motivation and positive habit-formation. [Learn more>>](#)

support and resources for navigating challenging times. [Learn more>>](#)

Autism Considerations in Divorce, Custody, and Mediation



Divorce is a challenging process for any family. When a divorce involves custody of a young child with autism, the potential for discomfort and uncertainty to affect the autistic child may become extremely high.

Learn how thoughtfulness, self-awareness, and careful planning can empower parents to make smart, constructive choices and hopefully create a new family dynamic in which their child can thrive. [Read more>>](#)

Prepare for Summer Camp

What to Look for in a Summer Camp



There are different types of camps, many of which cater to individuals' specific interests and needs. Discover how summer camps tailored for individuals with autism can foster skills, self-esteem, and friendships. [Read more>>](#)

CSOC Summer Camp Services



CSOC provides financial support toward camp tuition and one-to-one aide services for summer camp to youth under the age of 21. We've outlined details on eligibility, the application process, and more. [Read more>>](#)

Mark Your Calendar! Don't Miss Out on These Exciting Upcoming Events

**Autism Acceptance
Ambassador Program**

**Autism Acceptance
Do-A-Thon**



Register for Autism New Jersey's cornerstone awareness campaign, the [Ambassador Program](#), to promote acceptance in your community, workplace, and schools. [Register now>>](#)



Sign up yourself, or as part of a team, set goals, gather support, and track your progress throughout April. Let your actions speak louder than words. [Check it out and start planning your activities today>>](#)

Trolls: Band Together Autism-Friendly Movie



April 21, 2024

The Newton Theatre is featuring an autism-friendly movie matinee of the hit favorite *Trolls - Band Together*. Proceeds will benefit Autism New Jersey. [Get tickets now>>](#)

3rd Annual Shillelagh Plunge for Autism



April 27, 2024

Take the plunge with the Friendly Sons of the Shillelagh in Belmar at the Jersey Shore. Stop by D'Jais after for a post-plunge party with live music and more! [Sign up today>>](#)

ASD Band: The Movie Premiere



Autism New Jersey is excited to partner with the producers of

42nd Annual Autism Conference



Be on the lookout for our 42nd Annual Conference sponsorship, exhibiting and advertising opportunities in April.

the award-winning PBS documentary *ASD BAND: THE MOVIE* in honor of Autism Acceptance Month!

This poignant film will be available to you throughout the month of April. [Check out how you can watch>>](#)

Registration opens in May.

[Learn more>>](#)

In Case You Missed It

Autism New Jersey Urges State Board of Education to Reject Fiscal Code Changes



UPDATE: The NJDOE proposed a straight readoption of the current fiscal code, which governs regular school districts and approved private schools for students with disabilities (APSSD).

In February, Autism New Jersey testified in favor of the readoption to allow the community time to engage with the NJDOE in meaningful dialogue. [Read more>>](#)

Research Participants Needed

The following research studies are recruiting participants:

Research Study on Autistic Teen Reading Experiences

Researchers from Pennsylvania State University are seeking autistic teens to participate in a research study on how they experience a young adult novel and construct meaning through their reading.

Caregiver Stigma Research Study

Researchers from Queen's University are interested in how experienced stigma and social support affect the mood of caregivers of children with autism.

[Learn How to Participate](#)

**Recommend a Professional for
Our Referral Database**



Autism New Jersey maintains a free referral database of autism service professionals in many different categories. Have you, your family, or your practice worked with someone great?

[Please consider recommending a professional or a colleague>>](#)

Did you find this issue of our E-News helpful? Have you benefitted from our efforts?

Please support Autism New Jersey to help us continue to provide valuable information and support the autism community.

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