

Staying POAC Family Strong During COVID-19

Dear POAC Family,

I always refer to POAC as a family, for that is what we truly are. If you are reading this you are a vital part of our family, of my family. The Mantra of POAC is “Making Lives Better Every Day” and we are doing just that for you, your children, and the incredible professionals who work with our families all year long.

COVID-19 has changed all of our lives and for kids who thrive on routine it is really, really hard. The good news is POAC is here to help, you are not alone. We are available by phone or email at info@poac.net and continue to provide the support and services you rely on. Please join us for:

- 1) **POAC’s online support group the New Jersey Autism Warriors:** This is the largest Facebook group for parents of children on the spectrum. We have over 4,700 NJ families in this group ready to help one another. Parents can join us for suggestions, tips, support and, yes, virtual hugs.
- 2) **Story Time with Mr. Gary:** If you miss Mr. Gary, you don’t need to go cold turkey! Join us every weekday at 11:15 am for Story Time with Mr. Gary. He reads a different story every each day.
- 3) **Virtual recreational:** Our events take place every week on our facebook page including: live music, yoga and more for all of our families.
- 4) **Questions for the BCBA:** Get advice, answers to your questions, and learn how you can best care for and address issues with your child.
- 5) **Weekly Webinars for parents and professionals:** Join us for a host of topics brought to you every week.
- 6) **Updated Resources and Tips:** POAC is providing information for our families to best handle this challenging time.
- 7) **Continuing Support Online and Over the Phone:** As always you can call or email POAC at info@poac.net. If you leave a voicemail, we will call you back.

I promise you all that this rough time will pass, and we will all be together soon. POAC has so many incredible events planned once we can all hang out again. So many have been asking about specific events. Yes: we will still have all of our walk-a-thons this year, so please sign up now at www.poacwalk.org We may have to move the dates but we will still have them all. The Easter Egg Hunt will happen with thousands of eggs and surprises even if it is late, and we will still have more eggs than you can carry. Surfing, Carnivals, BBQ’s, Swimming and more will all be business as usual.

Please stay safe and know that we are here and that we love you all. Let’s all stay POAC Family Strong!

Sincerely,
Gary Weitzen
POAC Autism Services

