

SHARE:

[Join Our Email List](#)



### **A Message from Our New Executive Director, Pat Phillips**

#### **In This Issue:**

- Global Teen Summit
- January Programs
- Upcoming Webinars
- Leadership Academy
- On the Blog
- Now Recruiting for Rutgers Virtual Support Group

As we start this new year, I would like to thank you for your continued support of NJCTS.



Last year, brought many monumental changes for families, organizations and communities around the globe as everyone navigated the challenges of the COVID-19 pandemic. [READ MORE](#)

**Inviting Teens with Tourette Syndrome to the Second Virtual Global TS Teen Summit**



**Saturday, January 16, 10am to 2pm**

**Session 1:** Navigating the Ups & Downs of COVID 19 & TS

**Session 2:** Advocating for the Best in Your Relationships

**Session 3:** Join TS Advocate **Britney Wolf** for a session that is sure to set you in high gear ready to take charge, set goals and breakthrough barriers in 2021.

Then, wrap it up with a very special teen social event with your peers from around the globe!

**[LEARN MORE AND REGISTER](#)**

## Exciting and Informative January Virtual Events

### **Wednesday Webinar: Using Positive Psychology to Find More Happiness Everyday**

*JANUARY 13, 2021, 7:30 PM*

*Presented by Anton Shcherbakov, Psy. D.*

Learn about the basic principles of positive psychology, foundational research in the field, and simple strategies you can apply to your everyday life to enhance feelings of well-being.

### **Teen Social**

*JANUARY 19, 2021, 3 PM*

We are holding our next teen Social on January 19<sup>th</sup>. Please join us at our next session where we will engage in conversation, share ideas, create friendships and really build our wonderful TS community.

### **Family Support Group: The Genetics of TS & Saying I Do**

*JANUARY 21, 2021, 3 PM*

*Facilitators: Dr. Gary Heiman and Christine Seymour*

In this discussion, you will learn more about the genetics of TS, and how to help your partner understand the medical implications for an inherited disorder.

If you would like to plan a virtual Faculty In-Service, Grand Rounds, Youth Advocate, or Community Presentation, please email us at

**[info@njcts.org](mailto:info@njcts.org)**

**More Webinars From NJCTS**



## Outgrowing the Child Neurologist: Transition in Tourette Syndrome

*Presented by Lawrence W. Brown, MD  
February 3, 2021, 7:30 to 8:30 p.m.*

### 2021 Schedule of Webinars

## Plans for 2021 NJCTS Tim Howard Leadership Academy Are Underway

The 2021 Academy application is now available. The plan is to be back at Rutgers in August. 📅 Request your application now because interviews will be held in the Spring.

### REQUEST YOUR APPLICATION



## On the Blog: Meet Dominic

NJCTS Youth Development Intern Dominic Dominguez gives us some insight into his short journey with TS, and his hopes to be a lifetime advocate.

### READ DOMINIC'S STORY

## NOW RECRUITING: Virtual Support Group for Children and Adolescents with Tics!

The Rutgers Tourette Syndrome Clinic is offering a 10-week, group-based program that aims to help children build resilience and develop the skills necessary to better navigate life with tics and associated conditions. The sessions begin February 18.

### LEARN MORE



## Coming Up:

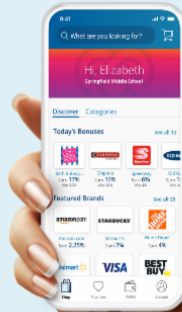
Getting Ready for NJ Walks for TS Season  
June 4th is TS Awareness Day in NJ  
Scholarship Application



**Participate in TS  
Genetic Research This  
Month at Rutgers  
University!**

**CLICK HERE TO LEARN MORE!**

**Simply the Right  
Way to Fundraise**



**1. Sign Up    2. Download the App    3. Support NJCTS**

**Buy gift cards from your favorite brands to earn on your daily purchases. It's never been easier to support NJCTS. No extra money spent. No extra time wasted. Sign up today!**

**BE A PART OF THE NJCTS VISION!**

**DONATE**

**VOLUNTEER**

**LEARN MORE**

NJCTS | [www.njcts.org](http://www.njcts.org)

