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## **Thank You Parents!**

On Saturday, more than 50 parents joined us for our first TS Parent Virtual Global Summit. Discussions included best practices for communicating with your child's care team and how to help your child transition through life stages.

A special thank you to our NJCTS family facilitators who generously shared their time and advice with others.

We look forward to bringing you more unique content like the Parent Summit and the Teen Summit in the future!

## Sign Your Team or Family Up for NJ Walks for TS

The deadline to get your name or sponsor logo on the back of the tshirt has been extended to March 9.



## NJCTS Youth Advocate Gets a Jump on Her Fundraising

The <u>Trabilcy Trackles Tourettes 3</u> Virtual Walk team is already in the lead having raised nearly \$2,000! This is the third year Sofia is leading her team to raise funds and awareness for Tourette Syndrome. Great job!

The results are in! This year's Walk tshirt color is...... Carolina Blue!



# **Exciting and Informative March Virtual Events**

#### Wednesday Webinar: When to Worry About Your Child's Worries

March 3, 2021, 7:30 p.m.

#### Presented by Jerry Bubrick, Ph.D.

Dr.Bubrick from the Child Mind Institute will speak and take questions about children's mental health, signs to look out for, what anxiety looks like in school, what parents can do, and when to get help.

# Family Support Group: Executive Function Skills – An Overview and Strategies for Success

*March 18, 2021, 3 p.m.* Facilitator: Lesley Geyer, MA, OTR/L

During this interactive session, we will review the different executive function skills, discuss varying problems people have with these skills, and offer some strategies that work to help people improve their functioning

#### Spotlight on Youth: "TS is not an excuse!"

#### March 23, 2021, 3 p.m.

Join us as we discuss how Tourette has been used as a joke to excuse someone's eratic behavior and what the TS community can do about it.

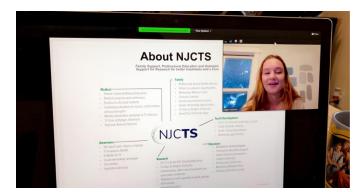
If you would like to plan a virtual

Faculty In-Service, Grand Rounds,

Youth Advocate, or Community

Presentation, please email us at

## info@njcts.org.



#### LEARN MORE AND REGISTER



# **More Webinars From NJCTS**

Important Work of Play Presented by Colleen Daly Martinez, Ph.D., LCSW April 21, 2021, 7:30 p.m.

Nature Connection for Children's Mental Health Presented by Cathy Jordan, Ph.D. May 26, 2021 7:30 p.m.

2021 Schedule of Webinars

## NJCTS TIM HOWARD LEADERSHIP ACADEMY APPLICATION IS LIVE!

Apply Today!

CATION IS LIVE!

# Apply for a 2021 Scholarship

NJCTS has awarded over 325 scholarships to New Jersey graduating high school seniors who have excelled in their schools and communities in the face of living with Tourette Syndrome. The application for 2021 graduates is available online. The deadline is April 16. Scholarship

NJCTS - TIM HOWARD

Learn More and Download the Application



# On the Blog: How TS Turns Everyday Tasks Into Challenges

Having Tourette's didn't hinder my life to an extreme degree, however, that's not to say that it didn't impact my life to any extent at all.

Read More

# ICYMI: Youth Advocate Trains with Olympic Level Athletes

In September of 2020, NJCTS Youth Advocate AnnaClaire decided it was time for a new adventure. Now she's learning to sail and being featured on News-12.

## Read More





Congratulations to our first Snow Sculpture photo winner: The Risser Family!

The Risser's created their whole family, including the dog, in snow. Great job!

# New Merch in the Twitcha Store!

Two different Twitcha designs are now available on a baseball cap! You can also find face masks, t-shirts and sweatshirts in the Twitcha Store.





## Check it Out!

T



Participate in TS Genetic Research This Month at Rutgers University!

# **CLICK HERE TO LEARN MORE!**

Tourette International

Collaborative Genetics Study



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!

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