



NJ Center for Tourette Syndrome
AND ASSOCIATED DISORDERS, INC.

FAMILY RETREAT WEEKEND

CONNECTING FAMILIES AFFECTED BY TOURETTE SYNDROME IN A FUN AND SAFE ENVIRONMENT

NJ Center for Tourette Syndrome and Associated Disorders (NJCTS) welcomes families to enjoy some time away from it all at the Family Retreat Weekend at YMCA Camp Bernie in beautiful Hunterdon County. The retreat allows children and their families to meet others with TS, learn more about their diagnosis, and engage with peer mentors in a fun, safe environment.

Kids enjoy canoeing, swimming, wall climbing, arts & crafts, participating in a talent show, rekindling old friendships and cultivating new ones. Parents join in many activities with their children but also connect with other parents and share their stories. Powerful mentor panels and parent roundtables provide a safe place for both youth and parents to ask questions about TS and learn from peer-mentors.

Since 2004, the NJCTS Family Retreat Weekend has become known as “the best weekend of the year” to the many families who attend looking for camaraderie, a relaxing getaway from the stress of everyday life, and a chance to learn more about Tourette Syndrome and self-advocacy.

Family Retreat Weekend also introduces families to:

NJCTS Cell & DNA Repository: Researchers at Rutgers and Yale Universities meet with families interested in participating in the genetic study.

Tourette Syndrome Practicum and Clinic: Representatives from the NJCTS Tourette Syndrome Practicum and Clinic at Rutgers University Graduate School of Applied and Professional Psychology conduct workshops and discuss the clinic’s many services.

**For more information contact:
908-575-7350 or info@njcts.org**

“The retreat weekend is a way to gain further knowledge and offer support to our son with TS. It is a way for us to gain support in our journey. The retreat is a nice way to connect with families in a relaxed atmosphere while allowing our children to be who they are—not worrying that they will be judged or critiqued.”

“The mentor panels are so supportive and educational. To have time to spend with other families, see familiar faces, and share stories is priceless!”

The NJ Center for Tourette Syndrome & Associated Disorders, Inc. (NJCTS) is the nation’s first Center of Excellence for Tourette Syndrome (TS). Through partnerships and collaborations, NJCTS provides a continuum of services, support and education for families; outreach and training for medical and educational professionals; and advocacy for collaborative research for better treatments and a cure for TS.

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