

WHAT'S HAPPENING

Family Weekend Retreat

Variety-the Children's Charity has launched a new and exciting program at its Camp and Developmental Center in Montgomery County, PA: Family Weekend Retreats. The retreats are for families with children who have autism diagnoses. Recently, 10 families spent up to two nights away from home; some traveled hours, others just minutes to meet at camp. The goal of the weekend was to strengthen families' connections to other families, support resilience within families, and offer opportunities to have a good time in a safe environment with child-friendly activities.

Programming included a special group session with Dr. Robert Naseef, a psychologist who specializes in supporting families with children with special needs. The retreat also featured activities for children, including an indoor recess complete with sensory station activities, a service project for dads, and a pampering opportunity for moms. As one dad put it: "Spending time with people who 'get it' in a safe environment for both us, as parents and our kids, is priceless."

To learn more about Variety's Family Retreats, visit www.varietyautism.org or email Gail Stein at gailstein@varietyphila.org.

