

HELPING HANDS IDEAS FOR APRIL

April is Autism Awareness month. Check out these ideas to do with your children to help support our local community of people affected by children with special needs. We've also included a nice video produced by Sesame Street to promote autism awareness in young people. The Sesame Street video series features Julia, a muppet with autism: <https://www.autismspeaks.org/news/news-item/sesame-street-video-series-features-julia-muppet-autism>

Saturday, September 10:

This year's Autism Speaks New York City Walk is confirmed for **Saturday, September 10th** on Randall's Island! As you've probably heard, this year we are thrilled to announce that we will return to a single walk format in New York City. **We will be recombining Queens, Manhattan, Bronx and Brooklyn into the New York City Autism Speaks Walk!**

This Walk won't be successful without Autism Speaks supporters like you – I hope you can join us: Register your team for the big day now.

Your donation can be designated to a specific individual, team or event. All walkers raising \$150 or more will receive a commemorative T-shirt on Walk Day. We are happy to reserve one for you! Click here to see who has already earned a shirt this year:

<http://www.autismspeakswalk.org/faf/home/default.asp?ievent=1154722>

Saturday April 16th 2:15-4:45

Join the fun in the pool from splashing around to completing a short lap or two at the shallow end! Empower children and teens with special needs, ages 6+ years old, by helping them in the pool. Volunteers should be comfortable standing in the shallow end of a pool. <https://www.newyorkcares.org/projects/swim-and-splash-keen-87>

