

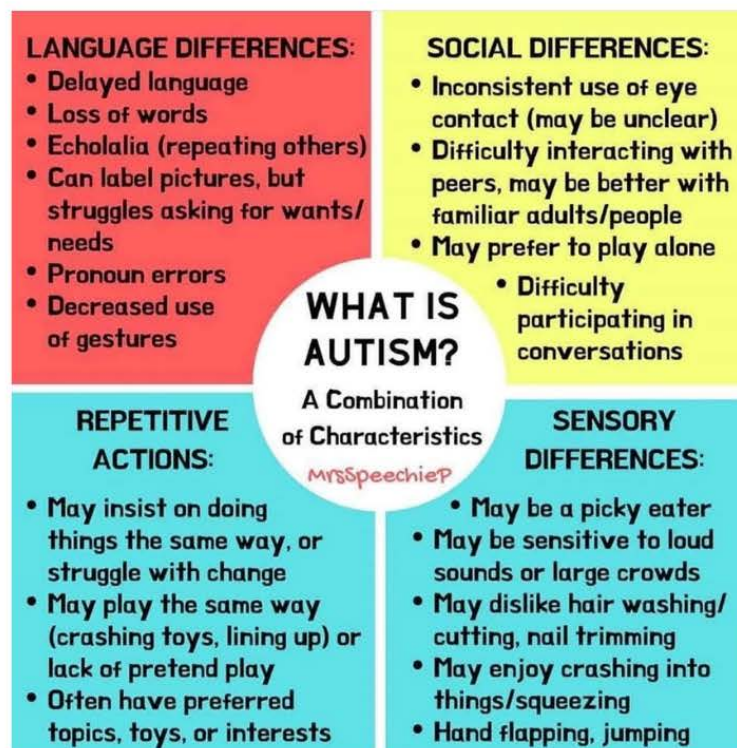
# OZIEL GRAND CHAPTER NEWSLETTER



Issue 010

April 2026

Each April, communities recognize Autism Acceptance Month, a time to promote understanding, inclusion, and respect for individuals with Autism Spectrum Disorder (ASD). This month encourages us to move beyond awareness and focus on acceptance by valuing the unique strengths, perspectives, and experiences of autistic individuals. Autism is a developmental condition that affects communication, social interaction, and behavior. Because autism exists on a spectrum, every individual experiences it differently and brings their own talents and abilities to their communities. Autism Acceptance Month is also a time to support autistic individuals and their families by learning more about autism, advocating for inclusive environments, and connecting with helpful resources. By fostering acceptance and understanding, we can help create communities where everyone feels respected, supported, and valued.



## Coping and Resources in New Jersey

Several organizations in New Jersey offer guidance, programs, and support. Autism New Jersey provides a statewide helpline(800.4.Autism) and referrals to services. The Arc of New Jersey offers advocacy and assistance with education and disability services, while the Family Resource Network connects families to programs, support groups, and community services. These organizations help families navigate available resources, access therapies, and find support within their local communities. Remember even on the hardest days, your child feels your love in ways words can't always express. Some days are heavy, but you are seen, you are appreciated, and you are never alone.

## We'd Love to Hear from You!

Any member of Oziel Grand Chapter is welcome to contribute tips, personal experiences, advice, or other topics for inclusion in the monthly newsletter. Submissions will remain anonymous if desired. **Please send your submissions to Sister Erika Bennett at [healthfirst@ogcoespha.org](mailto:healthfirst@ogcoespha.org).** Let's continue to support & inspire one another on the journey of health and wellness.