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## FROST VALLEY YMCA

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# Frost Valley YMCA Announces Two “Autism Family Support” Weekends

*A chance for families to relax, play, and connect with one another in a supportive environment*

**CONTACT:** Amanda Hinski, Director of Marketing and Communications

**TEL:** (845) 985-2291 x 383 **EMAIL:** [AHinski@FrostValley.org](mailto:AHinski@FrostValley.org)

CLARYVILLE — Frost Valley YMCA is hosting two Autism Family Support Weekends this year: March 18-20 and June 10-12. These fun and inclusive weekends provide families with the opportunity to meet others like them for friendship and support, while enjoying quality time in nature.

Nearly one in 68 children has been identified with autism spectrum disorder (ASD), according to estimates from the Center for Disease Control's Autism and Developmental Disabilities Monitoring Network. Because of this, it's important to ensure that families with a child or parent on the spectrum can enjoy quality time together within a supportive environment.

Given Frost Valley's commitment to inclusiveness, individuals with autism are always welcome to participate in weekend programs or summer camps, but this weekend is especially geared to support families, with the assurance that they are part of a community who understands their journey. Guests experience a variety of activities, such as climbing, hiking, canoeing, crafts, sports, and more. Programs also include sensory activities and games to engage guests who are on the spectrum and encourage children to develop relationships and build confidence while trying new things. With advance notice, Frost Valley can accommodate guests' needs for other specially adapted programming. In addition, group classes and gatherings allow family members to share advice, stories, and knowledge about the disorder in a way that is both social and educational.

**Interviews are available upon request.** Please contact Director of Marketing and Communications Amanda Hinski at [AHinski@FrostValley.org](mailto:AHinski@FrostValley.org)

**About Frost Valley YMCA** Frost Valley YMCA is a values-driven organization that fosters youth development, healthy living, and social responsibility through outdoor educational and recreational programs for all. Located in the heart of the Catskill Mountains, Frost Valley provides year-round access to nature and fun through programs such as summer camp, adventure trips, farm camp, equestrian programs, group and family retreats, school trips, teambuilding and more. Frost Valley is guided in this pursuit by its core values which serve as pathways for guests as they bond with nature and each other: Caring, Community, Diversity, Honesty, Inclusiveness, Respect, Responsibility, and Stewardship.