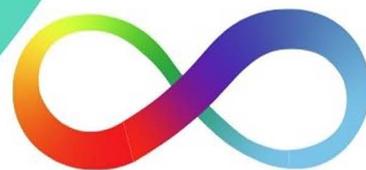


# PARENTS' MORNING OFF



In honor of Autism Acceptance Month & Parent's Stress Awareness Month, join us for open play & 2 hours of respite, meet some local providers or stay to connect with other parents who "get it" while kids enjoy adaptive play!

**SATURDAY APRIL 18<sup>TH</sup>  
10AM-12PM**

**Compliments of:**



*A Work of Heart*  
Counseling & Wellness



**ELEMENTS**  
PSYCHOLOGICAL SERVICES LLC

**For kids ages 3-12**

**\*\*Child must be potty trained if being dropped off and parents must register each child who is attending!\*\***

**Registration Required  
Space is Limited!**

**Sign Up Below:**



**Located at 1 Gym 4 All Waldwick**

**Questions? Reach out!  
551-233-2310**

**admin@aworkofheartcounseling.com**

## 💛 Parents Morning Off is Here! 💛

We're so excited to co-host a **FREE 2-hour open play & respite morning** for children ages **3–12**, with and without disabilities, alongside our friends at **Elements Psychological Services** held on **April 18, 2026 from 10AM-12PM at 1 Gym 4 All in Waldwick**. As two neurodivergent-affirming practices in Northern NJ, **A Work of Heart Counseling and Elements are passionate about creating spaces where all kids and their grown ups feel welcome, understood, and celebrated** — including children with autism, ADHD, and other developmental differences.

This morning is about:

- ✨ Giving parents a well-deserved pause
- ✨ Creating an inclusive, supported play space
- ✨ Building community among families who *get it*

Whether you're navigating evaluations and testing, exploring effective therapies and supports, or simply walking the beautiful and sometimes complex journey of parenting a child with extra needs — **we are here for you**.

You don't have to do this alone. 🙌 Join us or drop off, we are grateful to be a part of your village.

Sign Up Here: <https://form.jotform.com/kkushnirlcsw/parents-morning-off>

#NeurodivergentAffirming #BergenCountyNJ #InclusiveCommunity #AutismAcceptance #ParentSupport