



Dear AXYS Community,

It is my sincere hope that this letter finds you and your loved ones well. I want to let you know a few ways that AXYS is continuing to offer support during this time.

Firstly, this newsletter includes educational resources to support school aged children during their time away from school, ideas about how to continue communicating with friends and loved ones, and activities to stay physically and mentally engaged.

Next, our online support groups and helpline are still up and running. Feel free to reach out to the online community, or call us at any time if you need support.

Finally, we are working on transitioning face-to-face support group meetings to an online format (using [Zoom](#)) so you can continue to stay in touch. Several local groups have come up with other

activities, so be sure to reach out to your local support group leader for more information.

Right now, there are no answers about how COVID-19 might impact those with X&Y variations differently. Should information or research directly related to our community become available, we will share it with you.

By continuing to support each other, we can make this challenging time a little easier. I, along with all of the other AXYS board members, staff, and volunteers, am here for you.

- Erin Frith, AXYS Executive Committee Member

A Family's New Journey with Klinefelter Syndrome

Check out "[Marathon Baby](#)," an inspiring article from Cedars-Sinai, the home of the eXemplarY Kids Clinic, an ACRC member.



Educational Resources

- [ABCYa](#) (games for grades Pre-k to 6+)
- [Lunch Doodles](#)
- [Smithsonian Distance Learning](#)
- [Scholastic Learn at Home](#)
- [Virtual Museum Tours](#)
- [NASA: International Space Station](#)
- [Grasshopper](#) (learn to code)
- [YouTube Learning: Learn@Home](#)

- [Open Culture](#) (massive collection of educational resources)

- [Social Story Template](#) (courtesy of Marcia Braden, PhD and the National Fragile X Foundation)

Coronavirus Info and Tips from ACRC-affiliated Hospitals

- [Children's Hospital Colorado](#)
- [Emory Healthcare](#)
- [Cedars-Sinai](#)
- [Weill Cornell Medicine](#)

Apps to Help You Relax

- [Headspace](#)
- [Calm](#)
- [Simple Habit](#)
- [Colorfy](#)
- [myNoise](#)

5 Free Ways to Keep in Touch with Video Chat

- [Facebook Messenger](#)
- [Skype](#)
- [Facetime](#) (for iPhone/iPad users)
- [Google Duo](#)
- [Google Hangouts](#)

AXYS on YouTube

The [official AXYS YouTube channel](#) has over 130 videos for you to watch including past conference presentations and webinars with leading professionals. A wide range of topics relevant to all X&Y chromosome variations are represented. Take a look!

More Things to Do

- [Start a garden](#)
- [Learn how to draw](#)
- [Hang out with friends on Discord](#)
- [List of the best free PC games](#)

Have an Idea? Let Our Community Know!

We know members of our community are bright and creative people. If you have any tips for educational activities, ways

- [Play board games online](#)
- [Learn a magic trick](#)
- [Work out at home](#)

to stay relaxed, inventive ways to pass the time, or anything you think might be helpful during this challenging time, be sure to share your idea on one of our [Facebook Support Groups](#). Thank you all for the wonderful support that you offer each other!

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