



Dear Beloved Option Institute Friends and Family,

These are *extraordinary times* – that test our ability to stay grounded when the ground seems to have fallen out from beneath us, and that test our capacity to remain hopeful and optimistic when risk and danger surround us and those we love. Day by day, events change and the news becomes even more foreboding. Coronavirus! Pandemic! Escalating contagion! Yet, at the very same time, these challenges give us new opportunities to create more inner strength, to engage our smarts and to open our hearts to be loving, helpful and kind in ways we may have not considered previously. What appears to be pulling us apart (social distancing and sheltering-at-home) can and (we believe) will bring us all closer together.

And more than any constituency on the planet, all of you who have chosen to hold hands with all of us at the Institute... all of you who have come to programs, grown yourself and changed in life-affirming ways and supported so many individuals, families and children... all of you, our dear and treasured friends and extended family... know you can create your light in the darkness, generate love where there is fear and ask how you can help, especially now. Make a difference – for your loved ones, for your extended families, for your neighbors... and for everyone in this global village we all share. Perhaps you can still find ways to savor the smell of your warm coffee in the morning, take in the sunshine for an extra minute or two, have deep conversations, hug your children, or read a book you have been wanting to read.

Are we dealing with and living through a “hard thing?” OMGosh – without a doubt! Can we get through this and arrive at the other end, more capable, more caring, kinder and more loving than ever? OMGosh – without a doubt!

Given the extreme circumstances above, the staff of the institute is doing all that we can do to take care of ourselves so that we can better take care of all of you. We have modified our program schedules (which includes cancelling several of our upcoming programs and/or moving other programs over the coming months), and we have temporarily reduced our staff (for their safety and health)



and dramatically curtailed our operations. However, a dedicated group of us will still be working to help and support those who are reaching out to us and are in need. Our operational hours are from 10:00am – 2:00pm EST. Please be patient if you do not get to talk to someone immediately or there is a delay in our ability to return your phone call or respond to your email.

We're here to help you to the best of our ability during these challenging times...today, tomorrow, and for years to come.

Be present, stay safe and keep your love alive.
Wishing the best for all of you.

With love,



Bears & Samahria Kaufman
Co-Founders and Co-Directors of
Option Institute®/The Son-Rise Program®/Autism Treatment Center of
America®
Sheffield, Massachusetts, USA 01257
www.option.org / www.autismtreatment.org
phone: 413-229-2100/001-413-229-2100

