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## **Arc Herkimer to Host National Author and Clinical Psychologist**

As a leader bringing renowned experts to Central New York for individuals with disabilities and Autism, families, and area professionals, Arc Herkimer will host national author, Nancy Musarra, Ph.D., who will present her book, "The New Normal: 7 Things to Know as You Care for & Love a Child with Special Needs" on Thursday, October 4.

Dr. Nancy is a clinical psychologist and mother of a child with special needs. She will share her stories from 5 p.m. to 7 p.m. at Herkimer High School, 801 W. German Street in Herkimer. The event is free and open to the public, and individuals can pre-order her book at a discount of \$10 at [www.archerkimer.org](http://www.archerkimer.org) under upcoming events.

To ensure that the venue accommodates registrants, Arc Herkimer is asking those interested to register [www.archerkimer.org](http://www.archerkimer.org) under upcoming events. To register by phone, please contact Janet LaRock at (315) 574-7780 or email: [jarock@archerkimer.org](mailto:jarock@archerkimer.org).

Dr. Nancy explains that disabilities do not discriminate. Anyone's child can be born with or develop Autism or a medical or mental health condition. In her book, *The New Normal: 7 Things to Know as You Care for & Love a Child with Special Needs*, including Autism, Dr. Nancy shares her challenges and triumphs as the mother of a child with special needs. Having interviewed hundreds of people—from parents to caregivers—who have walked the same path, Dr. Nancy shares their stories and reflections. Collectively, their wisdom forms the foundation of the Seven Things You Need to Know to be prepared for your journey.

Dr. Nancy is a licensed clinical psychologist with more than 17 years of experience counseling children, teens, and adults. The mother of three, she combines her education, clinical skills and experiences to help individuals and families achieve balance, success and meaningful connections with others. She maintains a private practice and has lectured in the United States and Europe. Additionally, she specializes in psychological assessments, intervention strategies, and performance anxiety.

This event is made possible by the Family Support Services of the CNY DDRO Consumer Council and Arc Herkimer. Arc Herkimer's mission is empowering people with disabilities and enriching lives throughout the community. For more information regarding Arc Herkimer, call (315) 574-7000 or visit [www.archerkimer.org](http://www.archerkimer.org).

