



Dear Daybreak Parents,

The Arc of Rappahannock and University of Mary Washington are pleased to announce our Daybreak respite dates. Our intent is to have students and faculty from University of Mary Washington's undergraduate and graduate programs participating in Daybreak throughout fall and spring semesters this year. We'd like to take a moment to introduce Daybreak's faculty/student coordinators, Nicole Myers, Ph.D. from University of Mary Washington and Heather DeCou, M.Ed., LPC., also from University of Mary Washington.

Nicole Myers, Associate Professor of Education, earned her Ph.D. in special education and in counseling and development from George Mason University. She is licensed to teach special education in Virginia and Maryland, and she holds Professionally Recognized Special Educator certification from the National Council for Exceptional Children. Dr. Myers coordinates UMW's Teaching Students with Autism Certificate and the Board Certified Assistant Behavior Analyst (BCaBA) Course Sequence. Dr. Myers has taught undergraduate and graduate courses in special education and counseling. Her professional experience includes extensive work in the disability field in both the community and public school systems. She has worked with students, adults, and athletes with disabilities; has taught special education at both the elementary and secondary level; and coordinated special needs programs in Maryland. Dr. Myers has served on community boards where she reviewed grant applications for those with disabilities, coordinated a Special Olympics effort at the county level, and has managed group homes for adults with disabilities. Dr. Myers currently serves as Past President of the Virginia Council for Exceptional Children.

Heather L. DeCou earned her Master of Education in rehabilitation counseling from the George Washington University and a Bachelor of Science degree in rehabilitation counseling from Springfield College. She is currently completing a second M.Ed in special education as well as the Certificate in Teaching Students with Autism through the University of Mary Washington's College of Graduate and Professional Studies. She is a Licensed Professional Counselor in Virginia. Heather has an extensive background in working with adults and children with disabilities in the community. She currently works at Helping Hands, Inc. in Fredericksburg providing Floortime training strategies, play-based therapy, and social skills training for children with disabilities and their families.

Please contact us by the MONDAY of the week of Daybreak so that we can ensure we have enough volunteer coverage and activities for your child. We will contact you by WEDNESDAY to let you know that we have enough volunteers and that your child has a volunteer. We ask that you please send your children in play clothes and with a snack/drink as they will be playing games, making crafts, and out on the playground.

Did you know that University of Mary Washington recently donated over \$2,000.00 worth of toys and play supplies to help us implement more play-based learning activities at Daybreak? We are very excited about the changes and improvements made to this program and hope you are too! We are looking forward to working with your children again!

Heather DeCou, M.Ed., LPC and Nicole Myers, Ph.D.
Daybreak Coordinators