

Parents

San Antonio and the Hill Country

**FALL
2023**

**Healthcare
Guide**

**Education
Guide!**

**Shopping
Guide**

**Activity
Guide**

QUALITY TIME CAN CHANGE YOUR QUALITY OF LIFE

SAVE A LIFE. TRANSFORM YOUR OWN.

Simple changes—like grandparents and grandkids spending more time together—can greatly improve your life. Research shows that this kind of family time can even reduce the risks of depression for both children and seniors. At University Health, we believe in the power of change. Because that's where healthier begins. To explore the power of change, visit UHchange.com.

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Fall 2023

Serving the Greater **San Antonio** and **New Braunfels** area, including Schertz, Helotes and Bulverde

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GOOD DEEDS

20 Ways Kids Can Help Make The Community A Better Place For Everyone

by: Tanni Haas Ph.D.

November 13 is World Kindness Day, a great occasion to teach your kids the value of caring for the local community in which you live, especially those community members who can't care as well for themselves.

Here are 20 practical suggestions on what they can do:

Visit sick kids at the hospital. This is a wonderful gesture during the holidays or school breaks where everyone else is having fun.

Donate clothing and food to a homeless shelter. That will teach your kids the value of giving to those much less fortunate than themselves.

Help senior citizens learn to use technology, like how to search the internet, send emails, and navigate their smartphones, so they can better communicate with family and friends.

Offer to paint a less well-maintained house in the neighborhood. There's always that one house that could use some sprucing up.

Help coach a sports team with younger kids. This can be any sport they are good at or just like playing.

Assist senior citizens by helping them with their groceries or running errands around town.

Ask the library if they need tutors for younger kids in reading, writing, and basic math.

Volunteer for a clean-up day at a park. It's needed in many places and a lot of fun to do, too.

Help out at charity shops. These shops rely on volunteers and can always use another helping hand.

Visit the residents at a nursing home or assisted living facility. Many residents get less visits from family and friends than most people realize.

Organize a back-to-school supplies drive for kids whose families have fallen on hard times.



Contact a school to see if they need a homework tutor for its after-school program. Sometimes, kids can explain things to other kids in a way that's more relatable and makes more sense than adults.

Help care for the animals at the animal shelter. There's nothing like giving a little love to an abandoned dog or cat.

Organize a community get-together at the community center. This could be a movie screening, a dance, or a group activity that encourages collaboration and bonding.

Donate books such as textbooks and test prep manuals to local schools.

Walk the dogs for neighbors who are injured, sick or otherwise unable to exercise their pets with daily outdoor walks.

Help out at a community garden planting flowers, vegetables, weeding, watering or just helping with upkeep and maintenance.

Volunteer at a soup kitchen. Many people do this at Thanksgiving or during the holidays, but the need is there all year round.

Read books or newspapers to the visually impaired.

Help senior citizens with seasonal tasks like raking leaves in the fall, shoveling snow in the winter, or mowing the grass in the summer.

Bio:

Tanni Haas, Ph.D. is a Professor in the Department of Communication Arts, Sciences, and Disorders at the City University of New York – Brooklyn College.

Education Guide 2023



There is no doubt about it: our kids are the future. Finding the right educational facilities for our children can be difficult, stressful, and time consuming, so we went ahead and have selected our favorite primary, secondary, and specialty schools just for you!

PRESCHOOL AND PRIMARY SCHOOLS



CHILDREN'S LIGHTHOUSE BULVERDE | 25473 BULVERDE ROAD, SAN ANTONIO

Children's Lighthouse leads the way in values-based early childhood education — providing care for infants, toddlers, preschoolers and school-age children. Our curriculum is based on an age-appropriate, comprehensive learning approach, incorporating character values like integrity, fairness and honesty.



LEGACY TRADITIONAL SCHOOLS, 1826 BASSE ROAD, SAN ANTONIO, TX 7

Legacy Traditional Schools offers well-rounded, PK–12th-grade level options in the San Antonio area. The Legacy Traditional Schools curriculum emphasizes all areas of academic study, including the arts, physical education, and extensive athletics and extracurricular



THE MORGAN CENTER | 1215 ERVENBERG AVE, NEW BRAUNFELS

The Morgan Center is an Inclusive Center committed to providing quality care while educating your children in a structured, secure and loving environment. It is our philosophy that early childhood should be a time of fun, exploration and discovery.



PRIMROSE SCHOOL OF SHERTZ | 4993 SHERTZ PKWY, SHERTZ

Primrose Schools® is a national system of accredited private preschools that provides a premier early education and child care experience. We partner with parents to help build the right foundation for future learning and in life.



SAN ANTONIO COUNTRY DAY MONTESSORI | 4194 JUNG RD, SAN ANTONIO

San Antonio Country Day Montessori is a special environment for the child to cultivate his/her own natural desire to learn. Their country setting includes eight classrooms, gardens, a large playground, and a barnyard complete with animals.



LEGACY
TRADITIONAL SCHOOLS



Attendance Awareness: Making Every Day Count

The foundation of a child's academic success is built on consistent school attendance. As the new school year unfolds, Legacy Traditional Schools is at the forefront of promoting the importance of regular attendance and its direct link to academic achievement.

There's a well documented connection between regular attendance and academic success. Missing out on classroom instruction can lead to declining student performance as catching up on schoolwork becomes more challenging.

Absences occurring during the first month of the school year have long-term consequences and research indicates that students missing between two to four days during the first month are more likely to be chronically absent throughout the year.

Chronic absenteeism is defined as missing roughly 10% of the school year (about 18 days) and can predict lower reading scores by 3rd grade — a potential indicator of academic struggles in the future.

Here are some top tips to help you prioritize school attendance and set your child on the path to academic success.

Top Tips for Parents:

After-School Appointments: Schedule appointments (like doctor or dentist visits) outside of school hours whenever possible.

Avoid In-Session Activities: Refrain from planning extracurricular activities during school hours.

Weigh the Pros and Cons: If an activity requires your child to be absent from school, consider the educational value against the lost instructional time.

Weekend Rejuvenation: Allow some free and unstructured time during weekends. It's essential for refreshing young minds and bodies.

Utilize School Holidays: The district calendar offers various days off. Use these breaks to plan activities and experiences outside the educational setting.

PRE-K - HIGH SCHOOL



BASIS SA - SHAVANO CAMPUS | 4114 LOCKHILL SELMA RD.

At Antonian College Preparatory High School, they build traditions of excellence every day. Traditions of success do not happen by chance. Rather, they are forged through vision and hard work and require a commitment to personal excellence.



BASIS SA PRIMARY - NORTH CENTRAL CAMPUS | 318 E. RAMSEY RD.

The rigorous college preparatory education at BASIS readies students for the competitive admissions process, helps them become eligible for scholarships, prepares them to prosper at top colleges, and enriches their lives. basissanantonionorth.org



BASIS SA PRIMARY - MEDICAL CENTER CAMPUS | 8519 FLOYD CURL DR.

Great Hearts provides a robust liberal arts curriculum incorporating advanced math and science, a focus on the arts and foreign language, and a range of extra-curricular activities and athletics.



BASIS SA PRIMARY - NORTHEAST CAMPUS | 11550 I-35 FRONTAGE RD.

Living Rock Academy is a private Christian academy serving Bulverde, San Antonio and the surrounding areas. We provide students with a challenging, innovative and Christ-centered education



LIVING ROCK ACADEMY | 2500 BULVERDE RD, BULVERDE, TX

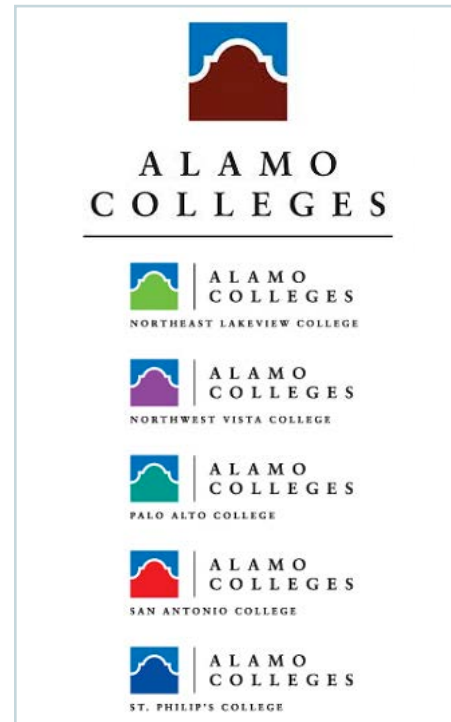
Living Rock Academy is a private Christian academy serving Bulverde, San Antonio and the surrounding areas. We provide students with a challenging, innovative and Christ-centered education

COLLEGES



ALAMO COLLEGES | MULTIPLE CAMPUSES

Five colleges offering a vast array of programs and two-year degrees. Credits transfer to four-year universities for those pursuing bachelor's or higher degrees. Workforce development programs help individuals build new careers and meet the needs of business.



NOW ENROLLING PRE-K-12TH GRADE

BUILDING BRIGHT
FUTURES
WITH FAITH-BASED
LEARNING



LIVING ROCK
ACADEMY

2500 BULVERDE ROAD
BULVERDE, TEXAS
830-387-2929

What's the big deal?

Stuttering affects only 1% of the world population.

(that's 80 million people)

Every day, 80 million people around the world have difficulty ordering a meal, talking on the telephone, or just saying their name. Maybe you're one of them.

Since 1947, the Foundation has sought to help those who stutter. Let us help you.



800-992-9392
www.StutteringHelp.org

SPECIALTY SCHOOLS AND MORE



BEHAVIORAL INNOVATIONS | MULTIPLE LOCATIONS IN SAN ANTONIO

Behavioral Innovations has been committed to providing evidence-based ABA therapy for children with autism since 2000. With multiple locations in the San Antonio area, including New Braunfels, we are dedicated to transforming the lives of children and their families by providing highest quality of services.



BRAIN BALANCE | NEW BRAUNFELS | TWO LOCATIONS IN SAN ANTONIO

At Brain Balance we understand the pain and frustration of watching your child struggle with learning or behavioral issues. Here, and at our centers around the country, we have helped thousands of kids overcome their challenges.



KUMON | 5580 FM 3009, STE. 114 | SCHERTZ | 210.642.0000

Kumon of Schertz is part of the world's largest after-school math & reading program, Reading and Math supplemental program - great for learning at home or come to our center. Great program to help students catch-up, maintain their progress, or get ahead. Our program is great for students ages 3-18+.



SCHOOL OF SCIENCE AND TECHNOLOGY | 1450 NB INTERSTATE 410 LOOP, SAN ANTONIO

The faculty, Staff and Administrators at SST are caring, competent, dedicated and willing to assist you. We are working very hard to provide the best possible learning climate to our students.



SUNSHINE COTTAGE SCHOOL FOR DEAF | 603 E HILDEBRAND AVE, SA

In addition to providing the very best early identification and intervention services for children, Sunshine Cottage offers a comprehensive day-school program for children, preschool through fifth grade, with state-of-the-art educational and hearing technology.



TEXAS SCHOOL FOR THE BLIND AND VISUALLY IMPAIRED | 1100 W. 45TH ST., AUSTIN

The Texas School for the Blind and Visually Impaired is a Texas special public school, in the continuum of statewide placements for students who have a visual impairment. It is considered a statewide resource to parents of these children and professionals who serve them.



Finding the Right School Fit for Your Child



Every parent wants to give their child the best education possible, and choosing the right school for their child is one of the most important – and often one of the most challenging – decisions a parent faces.

With so many school choices, what we've observed at Legacy Traditional Schools is that parents want their children to be taught using a well-rounded curriculum that emphasizes all areas of academic study, including the arts, physical education, and extensive athletics and extracurricular activities.

For some students, involvement in athletics or other extracurricular activities contributes to an increase in academic performance, too! These activities offer a tremendous opportunity for students of all ages to meet new classmates, form stronger bonds, and build a foundation for hard work. These boosts of confidence, whether from theatrical performances or practice on the playing field, encourage students and become essential factors for success in the classroom.

So, you may ask, what do other parents – who've grappled with this decision – have to say about the delicate balancing act between extracurriculars and academic focus? Read on to see first-hand suggestions for finding the right school to match your family's academic, athletic, and extracurricular interests.

Academics should always be the priority. As a parent, yes, it's your job to be involved, whether at practice or helping with homework. But you also have a responsibility to manage your child's time to ensure their activities don't overwhelm their school work.

Volunteer to support. Any youth coach or teacher will tell you they can't do it alone! Offer to lend a hand at your child's next practice or game by setting up drills, cones, or even refilling water.

Stay positive. As a parent, you're a role model. Help your child to be their best by setting realistic expectations and vocally reinforcing the positive steps they are making toward their goal.

Instill a strong sense of character. Find a school that promotes student involvement in the school community or offers programs that encourage responsibility, loyalty, and active citizenship.

During this year's National School Choice Week in January, an estimated 15 million Americans will participate in activities to celebrate opportunities in education. When you're ready to make your choice, we encourage you to learn more about the options available for your children to get the superior education they deserve.

things to do ... places to go

DoSeum - Programs

When: Ongoing

Big Day Of Play - a day full of extra hands-on and minds-on fun! Learn and play with local makers, innovators, and performers – it's guaranteed to provide joyful learning experiences for the entire family.

Tinkerfest - a daylong celebration of curiosity and creativity! Guests of all ages will explore how things are made and how things work through exciting make-tivities throughout The DoSeum. Let's get our hands messy and celebrate what it means to be a maker-centered community!

Artist-In-Residence - Each year The DoSeum and a local artists work collaboratively to provide children an opportunity to interact with the artist's work and learn about the artistic process while connecting themes of STEM and literacy.

Beyond Limits: Accessibility Program - Our accessible programming will allow your kid to play and learn in an environment of inclusivity that supports children of all needs.

McKenna Children's Museum

When: Ongoing

Creative Learning - Monday - Thursday at 11:00, different programs daily.

New Events Every Month - visit their website to find out what they're doing each month!

San Antonio Zoo - Locals Days

When: Multiple Dates in 2023

Locals can get outside and enjoy nature at the zoo on select days for just \$8 per person. This deep discount is the zoo's way of showing gratitude towards residents of the City of San Antonio. The discount allows for even more people to learn how the zoo combines conservation, animal care, and education in securing a future for wildlife.

Magik Theatre - SATX

When: Multiple dates 2023

Join us for an enchanting 2023 season featuring stories that ignite the imagination, nurture the sense of self, and remind us that adventure may be right outside our front door!

Wurstfest

When: November 3-12, 2023

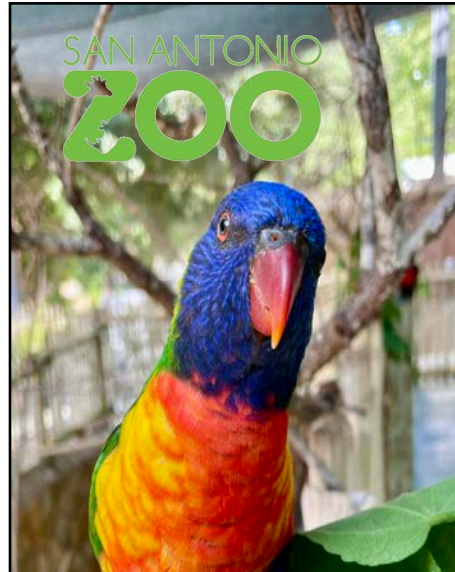
A unique celebration rich in German culture and full of Texas fun located in beautiful New Braunfels, Texas! Enjoy good fun, food, special events and the finest in Alpine and Bavarian Style Entertainment.

Wurstfest always starts on the Friday before the first Monday in November.

Visit our Website at
HillCountryParents.com
for our full list of events!



WURSTFEST
November 3-12, 2023
New Braunfels



San Antonio Zoo
3903 N Saint Marys St,
San Antonio, TX,
830-625-1505



Magik Theatre on the Road –
Bringing Family Friendly Entertainment to YOU!

Magik Theatre on the Road brings fun, lively performances to children ages 3-12.
To book a show, call 210.227-2751, or info@magiktheatre.org.



Magik Theatre Downtown/
Hemisfair, 420 South Alamo,
San Antonio, TX 78205

MagikTheatre.org • (210) 227-2751

How To Prevent Your Kids From Becoming Stressed

Tanni Haas, Ph.D.

November 1 is National Stress Awareness Day, a great occasion to consider what you can do to prevent your kids from becoming stressed. While low levels of stress are normal, stress can be damaging to your kids' physical, mental, and emotional health if it comes in high doses and persists over time. If that's the case, what can you do to prevent your kids from becoming overwhelmed by high levels of stress? Experts agree on the following points:

Take Good Care of Yourself – and Model Stress-Free Behaviors

It might sound counter-intuitive, but the first and most important thing is to take good care of yourself and try not to get stressed. "Stress is really contagious," says child psychotherapist Lynn Lyons, the author of *Anxious Kids, Anxious Parents*. "When parents are stressed out, kids are stressed out." Try to stay calm at all times and model stress-free behaviors to your kids. "Just like flight attendants advise adult passengers to put on their own oxygen masks before assisting others," says child psychologist Dr. Jamie Howard, "parents need to attend to their own physical and emotional needs to be able to best support their children." This means that you should avoid being tired or hungry for prolonged periods of time, and that you should seek emotional support from other adults when needed. "If you take care of

yourself and schedule time for your own needs," says professor of child psychology Dr. Amy Przeworski, "your child will learn that self-care is an important part of life. Children learn behaviors from watching their parents. So when you think about your child's psychological well-being think about your own as well."

Educate Your Kids about Stress: What It Is and How to Recognize It

Educate your kids about stress – what it is and how to recognize it. Mrs. Lyons says it's important that you teach your kids "to understand their own bodies and the physiology of stress." Specifically, kids need to learn to tell the difference between normal and stressed reactions to what's happening to them. "While it's normal for a child's stomach to feel jumpy on the first day of school," says Mrs. Lyons, "leaving class because their stomach hurts or waking up repeatedly with a headache is a sign there's too much going on." Child psychotherapist Katie Hurley, the author of *The Happy Kids Handbook*, agrees: "To help your child connect the dots, draw the outline of a body and pinpoint different places where stress can cause problems." Explain to your kids all the common physical symptoms of stress, including backaches, headaches, neck aches, and stomachaches, and help them see where and how they react when they are stressed. As Mrs. Hurley puts it, "the more kids understand

the connection between symptoms and stress, the better able they will be to seek help."

Help Your Kids Become More Resilient

Besides teaching your kids how to recognize stress, also try to make them more resilient towards it. One useful technique is to teach your kids to take a couple of deep breaths when they are in a stressful situation. "Taking deep breaths can actually have a physiological effect on the body," says licensed mental health counselor Janice Halloran, the author of *The Coping Skills for Kids Workbook*. "When you're stressed, your body goes into fight, flight or freeze mode and your breathing automatically gets more shallow. To trick your body into getting back to a more restful state, take deep breaths." It's also useful to practice relaxation techniques with your kids. Dr. Przeworski recommends teaching your kids to imagine themselves somewhere relaxing, like the beach or in a backyard hammock, and then imagining all "the sounds, smells, and sensations associated with the image."

You can help make your kids more stress-resilient by encouraging them to confront their fears head on instead of shying away from them. Licensed psychotherapist Amy Morin, the author of *13 Things Mentally Strong Parents Don't Do*, makes this important point with the example of elevators. If your kid is afraid of elevators and you always

suggest taking the stairs instead, you are essentially teaching your kid that s/he must be too fragile to take the elevator: "They grow up thinking, 'I'm not a capable person. If I'm afraid of something, I shouldn't do it. My parents don't believe in me, why should I believe in myself'?" Once again, kids model what their parents do. "If children are surrounded by adults who model resilience," says child psychologist Dr. Lyn O'Grady, "through their own behaviours as well as by explicitly teaching and practicing the social and emotional skills, they will be more likely to develop resilience themselves."

Cultivate Stress-Free Activities

Finally, cultivate stress-free activities for your kids to do whenever they feel like they are about to get stressed. Mrs. Hurley suggests that parents create "stress-free zones" or "relaxation centers" in the home where kids can engage in their favorite activities. Similarly, Mrs. Lyons recommends that parents encourage their kids to engage in activities that are characterized by "pure play" - with no winners or losers, no particular end goal, and therefore no pressure to perform or reason to get stressed, such as outdoor sports like bike riding, hiking, and running.

Bio:

Tanni Haas is a Professor in the Department of Communication Arts, Sciences & Disorders at the City University of New York – Brooklyn College

Top 10 KIDS ACTIVITIES



DAS REC

345 Landa Street, NB 830.221.4170 dasrec.com
 Das Rec offers over 77,000 square feet of something for everyone. We welcome every member of the community, from all walks of life, and all activity levels. Enjoy all that Das Rec has to offer at your own pace or join our group exercise classes, sports leagues, swimming lessons, recreational opportunities, and more!

DAVE AND BUSTERS

849 E Commerce #740, SA 210.951-3600 daveandbusters.com
 Eat, drink, play and watch sports at your local Dave & Buster's! Fun for the whole gang - no group is too large - Contact a planner today!



i9 SPORTS

210.395.4484 i9sports.com
 i9 Sports provides a youth sports experience unlike any other, teaching the importance of good sportsmanship on the field and in life. Beyond that, we are committed to providing age-appropriate instruction that is fun for kids and convenient for today's busy families. To us, it's The Way Youth Sports Should

INCREDIBLE PIZZA

2015 SW LOOP 410, SA 210-342-2121 incrediblepizza.com
 America's Incredible Pizza Company exists to bring families and friends together through great food and fun. Glow-Karts, Scrambler, Drop Zone, Laser Tag, XD Theater, Lost in Space, Bumper Cars, Mini Bowling, and La Bamba.



THE MAGIK THEATRE

420 South Alamo., SA 210-227-2751 magiktheatre.org
 The Magik Theatre has been providing San Antonio's children and their families with professional, accessible, literature-based theatre and education since 1994. The Magik Theatre's mission is to use the power of theatre to create Magikal storytelling for children that Activates imagination, Grows young minds, and Inspires creativity and a love of learning that is the Key to a more

Top 10 KIDS ACTIVITIES

MY GYM CIBOLO MOBILE

Mobile gym, Cibolo 210-897.1142 mygym.com/cibolo
 My Gym Cibolo brings the fun of fitness to you with our mobile classes, after-school programs and custom birthday parties (ages 6 weeks -10 years).



NEW BRAUNFELS PARKS AND RECREATION

110 Golf Course Rd, NB 830.221.4350 dasrec.com
 Our mission is to afford diverse opportunities and access for all residents and visitors through innovative programs and facilities, open space preservation and economic enhancement.

TOPGOLF

5539 N Loop 1604 W, SA 210.202-2694 topgolf.com
 Topgolf is the premier entertainment destination in San Antonio. You can come for birthday parties, bachelor or bachelorette parties, corporate events, date nights, or just a night out with friends, and everyone will have a great time.



TRADERS VILLAGE

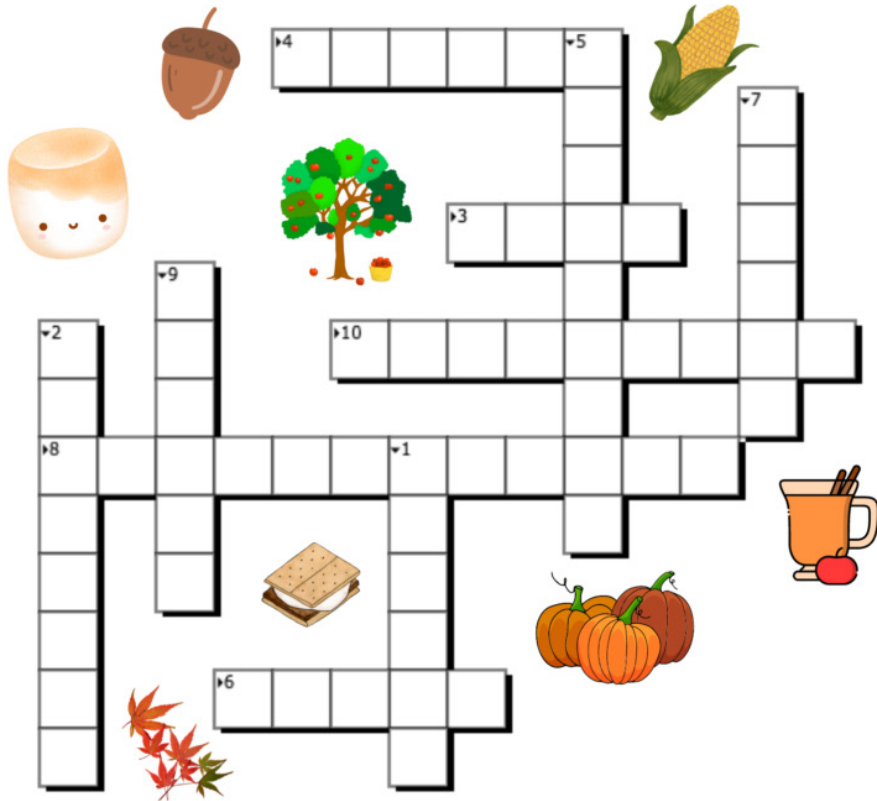
9333 Southwest Loop 410, SA 210-623-8383
 From trinkets to treasures and trends, "if you can't find it at Traders Village, you didn't need it in the first place!" Traders Village also offers many amusement park style rides. All-Day passes and single ride tickets are available

YMCA OF SAN ANTONIO

231 E. Rhapsody St., San Antonio 210.246.9600 ymcasatx.org
 We're for youth development, healthy living and social responsibility. Our vision is to continue improving the Spirit, Mind, and Body of those in our communities.



Fall Crossword



1. You can pick them and put them in a barrel
2. You'll find them in a patch
3. You shuck it
4. Crackers, chocolate, marshmallows make this tasty treat
5. It will scare the birds away
6. A warm juice
7. They change colors in the fall
8. You roast them over a fire
9. Squirrels love to hide them
10. Pine trees drop them

Fall Word Search

FALL
AUTUMN
LEAVES
HARVEST
PUMPKIN
HALLOWEEN
THANKSGIVING
FOOTBALL
SWEATER
APPLE CIDER
SCHOOL
ACORN
ORANGE
YELLOW
BROWN

S	P	O	R	B	S	Y	L	E	A	V	E	S	U	A
N	T	A	R	D	R	H	G	H	T	E	R	W	O	P
U	H	T	P	C	I	O	E	A	S	M	P	E	N	P
L	A	L	H	E	H	G	W	A	C	O	V	R	P	L
J	N	N	I	O	R	A	I	N	H	R	E	C	I	E
U	K	P	E	C	R	S	R	I	O	I	L	F	C	C
P	S	N	S	R	E	O	E	V	S	E	T	O	E	I
R	G	R	O	N	C	H	A	T	E	S	A	O	X	D
O	I	C	I	A	S	O	R	S	O	S	Y	T	T	E
T	V	R	U	L	R	O	A	T	S	E	T	B	T	R
R	I	A	G	L	E	L	A	T	E	G	N	A	R	O
A	N	Y	P	U	M	P	K	I	N	R	E	L	Y	T
W	G	O	N	E	R	O	D	H	L	E	H	L	B	F
O	Y	N	E	M	A	U	T	U	M	N	D	R	A	A
L	H	S	W	E	A	T	E	R	M	O	C	R	B	L
L	S	K	O	O	B	A	C	V	J	B	R	N	N	L
E	O	S	E	M	N	E	E	W	O	L	L	A	H	L
Y	A	C	K	P	S	C	H	O	O	L	A	P	O	P



Health Care Choices

Children are our most precious resource, so we have compiled this list to help you find the best health care provider for your kids.

www.HillCountryParents.com/Directory

Location	Contact	Details
6 to 9 Dental NB 651 IH 35 # 730	830-355-6911 vphumphrey2dds.com.	6 to 9 Dental is an extraordinary office designed to focus on your convenience, comfort, and affordability with high quality a top priority.
A thru Z Pediatrics Multiple Locations	a-zpeds.com	A Thru Z Pediatrics takes pride in being a trusted name in the Local Community. Offering Comprehensive Children's Health Care Services and treatments
Almouie Pediatrics Multiple Locations	AlmouiePediatrics.com	Almouie Pediatrics is committed to the highest quality healthcare for infants, children and adolescents. Our trained professionals are devoted to assisting you in providing the best care through all stages of your child's life.
CentroMed Multiple Locations	CentroMedSA.com	CentroMed has a team of pediatricians and pediatric nurse practitioners trained to take care of children's healthcare needs.
Children's Dental Ark New Braunfels	830-625-1234 ChildrensDentalArk.com	Our mission is to guide children through their dental experiences while providing comprehensive care in a friendly environment.
Children's Hospital of San Antonio 333 N. Santa Rosa	210-704-2011 CHofSA.com	One of the best pediatric medical centers in the US, offering a complete range of health care services for children.
Christus Santa Rosa Hospital NB 600 N Union Ave.	830-606-9111 ChristusHealth.org/Santa-Rosa/New-Braunfels	Our innovative and interdisciplinary team is committed to rapid diagnosis and treatment while delivering the best outcomes available for our pediatric and adult patients. Located in New Braunfels.
Cole Pediatric Therapy Multiple Locations	colehealth.com/ pediatric-therapy/	Cole Pediatric Therapy has been serving Texas families since 2000, providing Speech, Occupational and Physical therapy to children of all ages and abilities.
Cute Smiles 4 Kids 823 Bandera Rd.	210-435-3333 CuteSmiles4kidstx.com	Ranging from preventative to restorative dentistry, our office offers in-house conscious sedation and general anesthesia, providing a pain-free, comfortable, and fun experience for your children!
Elle Med Spa 620 W. San Antonio St., NB	830-461-5252 ellemedspallc.com	Love, Beauty and Service Mobile services open for evenings. Beauty Parties (botox/dysport and or fillers) as an additional service. Please Call or Text Elle to discuss a visit time and date.
Epic Health Services 4502 Centerview Dr #150, SA	210-377-3742 epichealthservices.com	Epic Health Services is a leading provider of pediatric skilled nursing, therapy, and autism services, as well as a spectrum of adult home health care services, including skilled nursing, therapy, personal care, and behavioral health nursing.



Closer Care. For Kids.

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chofsa.org/stone-oak



**Health Pavilion
Stone Oak**

Family First Chiropractic & Wellness 166 Comal Ave., NB	830-625-5111 mayochiro.com	As a chiropractor who specializes in pediatric and pregnancy chiropractic care, Dr. Mayo knows the importance for the entire family to stay healthy. At Family First we provide personalized affordable family care plans.
New Braunfels Dental Ark 833 Landa St., NB	830-629-7494 NewBraunfelsDentalArk.com	Having a great smile means different things to different people. We listen carefully so we can provide treatment that will achieve your goals.
MedPost Urgent Care Multiple Locations	medpost.com	Injuries and illnesses are unpredictable and inconvenient. That's why there's MedPost. We're open throughout the week with extended hours to provide you same-day treatment-- including weekends, evenings, and holidays.
North Central Baptist Hospital 520 Madison Oak Dr San Antonio	210-297-4000 BaptistHealthSystem.com	North Central Baptist Hospital provides high quality care and is best known nationally for several services in particular such as, Surgical Specialties, Women's Health, Pediatric Care and Orthopedic Medicine.
Resolute Health Hospital 555 Creekside Crossing, NB	830-500-6000 ResoluteHealth.	Since 2014, Resolute Health Hospital has been passionately committed to providing the San Antonio and New Braunfels communities with compassionate full-service medical care.
Texas Tykes Pediatric Dentistry 2163 Stephens Pl, Ste 106, NB	830-302-2044 texastykespediatricdentistry.com	Our goal is to deliver the best possible dental care for infants, children, teens and kids with special healthcare needs. Our team will strive to make sure that your child has a positive experience.
University Health Multiple Locations	universityhealthsystem.com	University Health System is a nationally recognized teaching hospital and network of outpatient healthcare centers, owned by the people of Bexar County.



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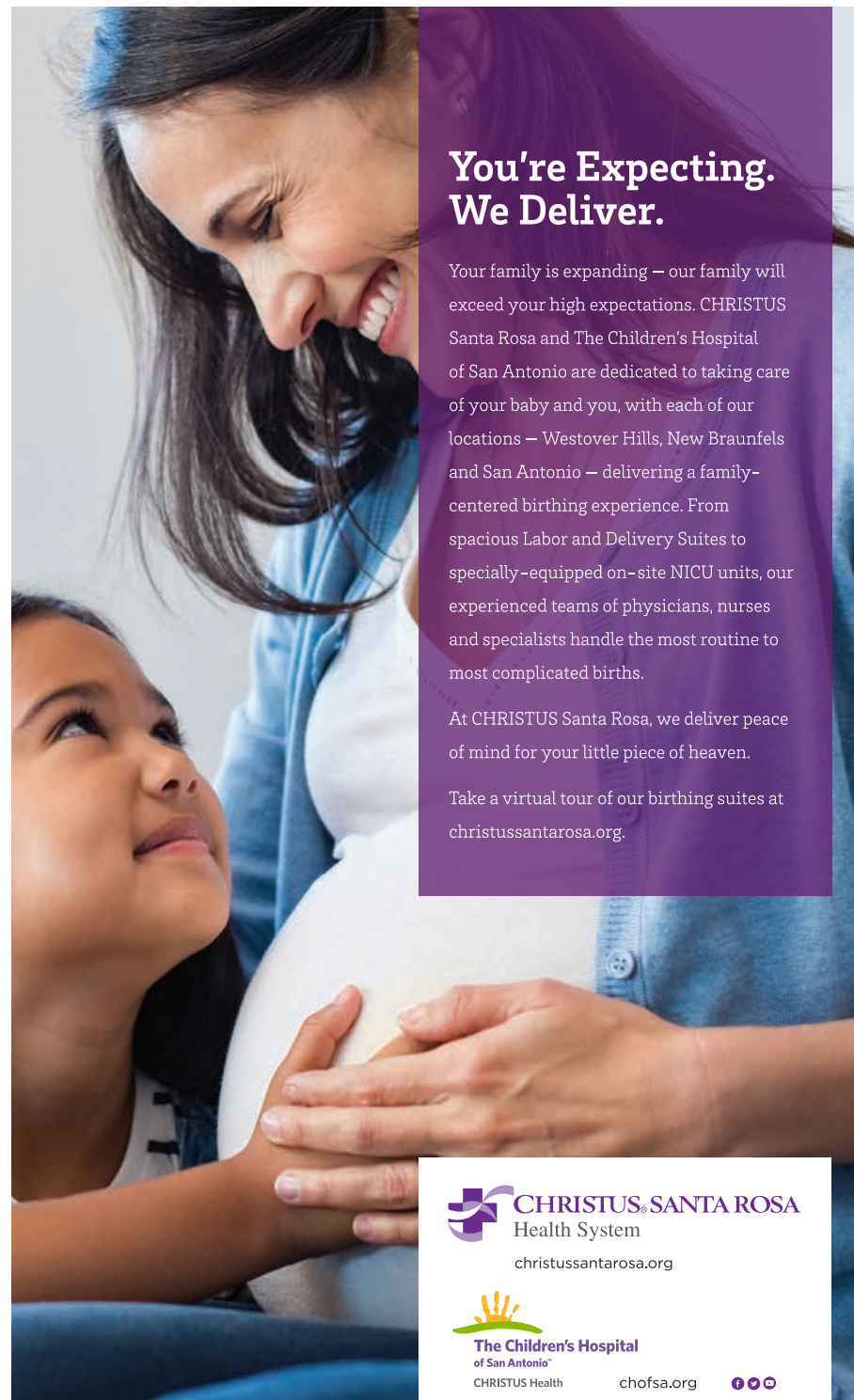
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CHRISTUS Health chofsa.org 

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16634 San Pedro Ave. Ste 1, SA
210.455.0138 alamocitypopcorn.com

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Belles & Beaux

6430 N. New Braunfels Ave., San Antonio
210.822.8222 bellesbeaux.com/

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Bricks & Minifigs

21850 Bulverde Rd., #102., Helotes
210.994.8100
bricksandminifigs.com/sanantonio-tx/

Bricks and Minifigs San Antonio is an authorized LEGO® retailer that offers an extraordinary selection of new and used authentic LEGO® sets, minifigs, bricks, and custom accessories.

Camera Exchange

6635 San Pedro Ave., SA 210.349.4400
Camerax.Com

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Fin & Pickles Children's Boutique

555 W. Bitters Rd, SA, 210.468.2845
finandpickles.com

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Got Toys

180 W. Mill St., New Braunfels
830.358.7200
facebook.com/GotToysInNewBraunfels

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Shopping Guide

La Villita

418 Villita, SA 210.207.8614
Facebook.Com/lavillitahistoricartsvillage

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Market Square

514 W commerce, SA 210.207.8600
Getcreativesanantonio.Com/explore-san-antonio/market-square

Enjoy the sights and flavors of old mexico at historic market square. Explore over 100 locally owned shops and stalls, all at a festive indoor mall.

New Braunfels Farmers Market

186 S. Castell Ave., New Braunfels
830.629.2223 nbfarmersmarket.com/

We celebrate the fresh produce, meats, cheeses and other goodies that our local farmers have to offer. Our creative artisans have something for everyone, from fashionable hats and scarves, and jewelry, to creamy soaps and lotions and housewares. Bring the kids! Bring the dogs! Make a morning of it! There's great food for everyone and lively music from our local area entertainers. New Braunfels Farmers Market really is the best little festival in New Braunfels!

Nature's Treasures

4103 N i-35, Austin 512.472.5015
Ntrocks.Com

Nature's Treasures is a one-stop rock, mineral, crystal & metaphysical store for your shopping pleasure. Earth treasures in a variety of specimens.

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555 S castell, NB 830.302.7675
Newbraunfelscandleco.Com

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Newbraunfelscrystals.com

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210.499.5454

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7735 NW Loop 410
San Antonio, TX 78245
210.681.5454

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7307 South New Braunfels
San Antonio, TX 78223
210.333.5455

THE RIM
17122 IH 10 West
San Antonio, TX 78257
210.690.5424

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Live Oak, TX 78223
210.657.5400

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San Marcos, TX 78666
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