



What's In This Issue:

- New Elmhurst HQ
- Winter Activity
- Friendship Groups

NEW HOME IN DOWNTOWN ELMHURST

We are thrilled to announce that Powerhouse ABA has recently joined the vibrant Elmhurst community, right in the heart of downtown. While we continue our search for the perfect clinic-based setting, our current admin location allows us to immerse ourselves fully in the local environment. This prime spot gives us unparalleled access to the rich resources of Elmhurst, including the renowned Elmhurst Public Library and the picturesque Wilder Park.

In the meantime, we are excited to explore these community spaces with our clients, using them as real-world settings to work on adaptive skills and social connections. There's nothing like stepping out into the community to practice the skills that matter most in everyday life. Whether it's navigating the library, engaging in activities at Wilder Park, or simply enjoying the downtown atmosphere, our goal is to help our clients build meaningful connections and thrive in real-world scenarios.

MINDFUL WINTER WALK CHALLENGE

As the winter season settles in, it's the perfect time to slow down and take in the beauty around us. Our Mindful Winter Walk Challenge encourages individuals and families to step outside, embrace the crisp air, and engage their senses to foster mindfulness, communication, and connection with their environment.

Take a walk in your neighborhood, a local park, or even your backyard. As you walk, focus on using your senses to observe the world around you. Notice what's happening in the present moment and take note of what you experience using the guide on page 3.



JOIN OUR SPRING FRIENDSHIP BUILDER GROUPS

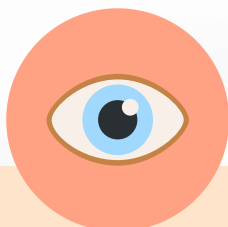
We're gauging interest in our Spring Friendship Builder Groups, where meetups in downtown Elmhurst will include outings into the community. These groups offer a safe space for individuals to meet new friends and explore Elmhurst together. If you're interested, just send a text to 630.283.2963 with your name and the phrase "Ready to Connect!"



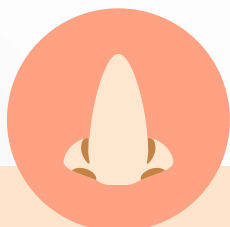
FOR MORE VISIT: www.powerhouseaba.com

Mindful Winter Walk Challenge

LIST DOWN THE THINGS YOU OBSERVED
DURING YOUR WALK.



SEE



SMELL



TOUCH



HEAR



Tips for Managing Behavioral Challenges:

- Break It Down: If your child becomes overwhelmed, break the scavenger hunt into smaller, more manageable parts.
- Use a Timer: Set a timer for each task to create structure and help your child know when each part of the activity will end.
- Incorporate Movement: If your child has a lot of energy, encourage them to run or skip between items on the list. This can help them stay engaged and burn off excess energy.

Accommodations/Modifications:

- Flexible Locations: If outdoor settings are challenging, consider doing the scavenger hunt in a familiar, quieter environment like your backyard or a small park.
- Adjust Expectations: Modify the activity based on your child's energy and focus levels. It's okay if you don't complete the entire checklist—celebrate the successes along the way.
- Use Preferred Items: Incorporate your child's favorite sensory items into the hunt to increase motivation and interest.