

# TOGETHER JUST, INC



## In This Month's Special Issue:

- Giving Tuesday
- Positive Minds Program
- Donate a session in the month of December.

## NEW Together Just Merch



### Great for Gifts

Visit [togetherjust.com](http://togetherjust.com)

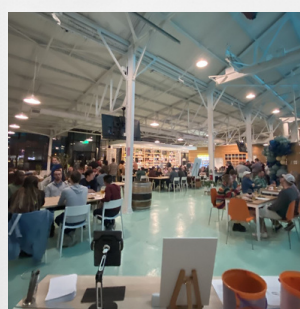
## Holiday Stress Prevention Tips for Children:

- Manage your own stress
- Keep routines the same as much as possible
- Manage expectations
- Keep kids active
- Spend time together
- Build family holiday rituals
- Choose something as a family that helps others

Information provided by Harvard Health Publishing



**Giving Tuesday**



**American Solera**



**Together Just**

Together Just is beyond grateful for the support during this year's Giving Tuesday. With the help from our generous donors, American Solera and a donor match of \$10 thousand dollars, Together Just exceeded its goal and was able to raise more than \$16 thousand dollars to continue providing Recreational Therapy services to adolescents in Tulsa and the surrounding communities.

A special thank you to American Solera for donating 20 percent of its sales from Trivia Night, all lovers of trivia who came out to support Together Just, Balloon Therapy of Tulsa and Charcuteray for its generous raffle prize.

## Positive Minds Program Back in Schools

The Together Just staff is thrilled to be back in area schools educating students on the Positive Minds Program developed exclusively by Together Just. This seven week program was designed to bring an understanding of healthy lifestyle, positive mental health, coping skills, self-advocacy and decrease the stigma surrounding mental health to area students by using Recreational Therapy tools, interactive games and team building exercises.

To bring the Positive Mind Program to your local school or request more information, visit the Together Just website and go the the "Learn More" tab. You can also help expand the program with a small donation of \$10 a month.



Pay it forward this holiday season by giving the gift of a free therapy session for one of our clients! At Together Just we offer low-to-no cost therapy sessions. Ask how you can support today by helping a family with therapy cost, look for more information in your inbox or on Together Just's instagram @togetherjust.