

THE BUZZ

January 2023

Honey Bee
Therapies

A MESSAGE FROM THE OWNERS

Howdy, Honey Bees!

We just wanted to take a quick moment to wish you a happy new year! We hope your holidays were filled with love, joy, and a bit of adventure. As we move into a new year, we'll be fine tuning our little beesness, so be on the lookout for new interventions, policies, and procedures.

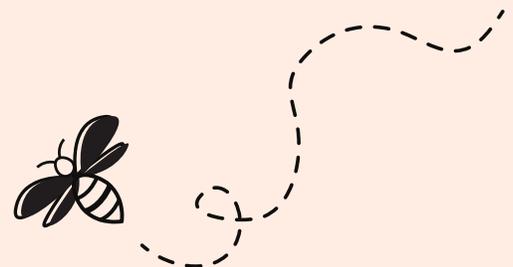
We hope this year is your best one yet!

-Falon & Christi

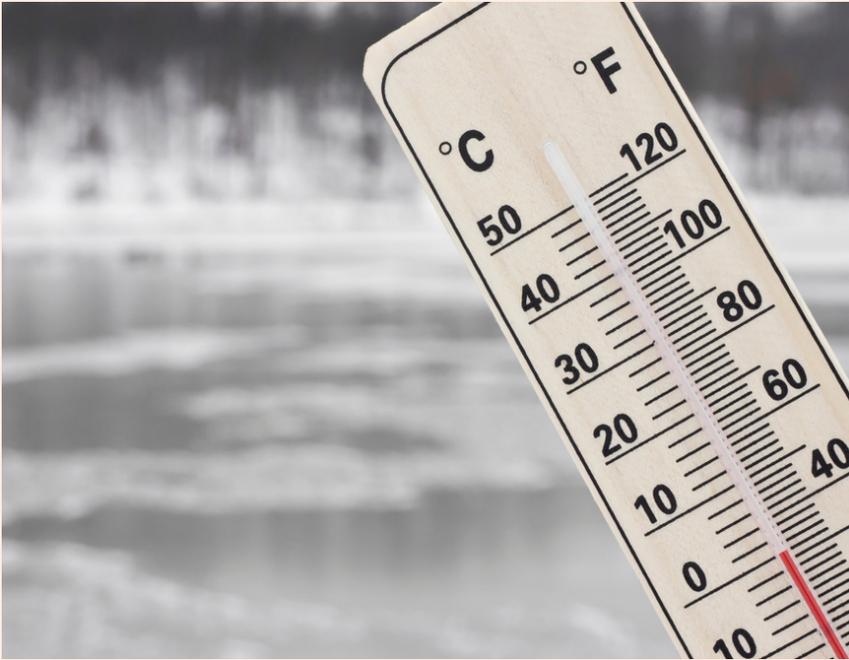


What's Inside this Edition?

- Free community events
- Intervention ideas
- Online resources
- New provider introduction
- Tax information



HELPFUL HINTS



Cold Weather Checklist

- ✓ Check road conditions
- ✓ Ensure kids bring jackets
- ✓ Check tire pressure
- ✓ Monitor the weather
- ✓ Prepare backup indoor activities

INDOOR SESSIONS

Finding locations to do sessions can be exhausting. Here are some ideas for you!

- Public Libraries
- Recreation Centers
- Fast food/Coffee Shops
- Museums

DISCOUNTED LOCATIONS (AUSTIN)

HBT has partnered with facilities to provide discounted or free activities.

- Austin Aquarium (North Austin)
- Monster Mini Golf (Round Rock)
- Austin Zoo (West Austin)

TAX SEASON

2022 TAXES

We will be sending your form 1099 as soon as possible. You can expect to receive them by January 31st.

The due date for filing your 2022 taxes will be Tuesday, April 18th.

TAX REMINDERS

The IRS mileage reimbursement rate changed in June of 2022. For mileage driven before June 30th, the rate is 0.585/mile. For mileage after June 30th, the rate is 0.625/mile.



Quickbooks Self-Employed

- Falon's favorite tax tool!
- Track your mileage and expenses all in one app
- Upload receipts so you don't have to keep collecting them!
- Estimates your quarterly taxes for you!
- \$150/year (that can be written off!)

FREE AUSTIN COMMUNITY EVENTS

City Wide Vintage Sale

Location: Parmer Events Center

Date: January 14th & 15th

Details: Free for kids under 12 and \$9 for older

Activity: This activity could focus on finding value in all things. Processing points can be related to finding value within ourselves, our experiences, and people/things in our lives.

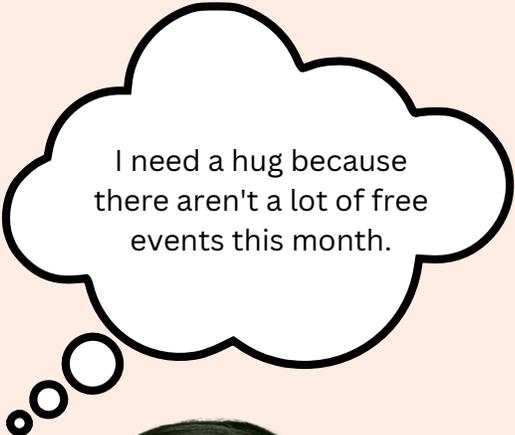
Austin Free Hug Day

Location: 6th Street & Congress

Date: January 21st

Details: People making time to connect with others in a meaningful way - make a sign or offer a hug!

Activity: Work on social skills regarding appropriate physical touch and the importance of human connection. Ask client to identify their boundaries!



I need a hug because there aren't a lot of free events this month.



MILLENNIUM YOUTH COMPLEX (AUSTIN)

Address: 1156 Hargrave St, Austin, TX 78702



Roller Skating:

Ages 13 & Up: \$6.00

Ages 12 & Under: \$5.00

Observer: \$0.99



Bowling:

Ages 13 & Up: \$5.50

Ages 12 & Under: \$4.00

50% off bowling if you subscribe to
their newsletter!

FREE SAN ANTONIO COMMUNITY EVENTS

Bandera Farmers Market

Location: 11851 Bandera Rd
Helotes, TX 78023 United
States

Date: Saturday's and Sunday's
from 10AM - 4PM

Details: Farmer's market
including farm grown foods

Activity: An opportunity for
kids to learn about home grown
foods. Gauge interest in
engaging in horticulture &
gardening.

River Walk Winter Artisan

Location: The River Walk
extension, downtown SA

Date: Every Friday, Saturday,
and Sunday from 11AM - 8PM

Details: Discover handmade
items from over 40 Artisans

Activity: Explore handmade
items for inspiration for
creative expression projects.
Use as opportunity for physical
activity through walking!



Japanese Tea Garden

Location: 3853 N St. Marys St. San
Antonio, TX

Date: Free every day from 7AM - 5PM

Details: An old quarry turned into a
Japanese tea garden. Tour can take 1-
2 hours

Activity: Get outside and in nature!
Discuss the benefits of being
outdoors, initiate mindfulness
interventions, and more!

FREE BASTROP COMMUNITY OUTINGS

Bastrop River of Lights

Location: Fisherman's Park

Date: Ends January 2nd

Details: Trees, businesses, and pavillions covered in Christmas lights

Activity: An opportunity to discuss the benefits of engaging in ones community. Could do mindfulness activities, getting exercise through walking the trail.

Bastrop Botanical Gardens

Location: 316 Old 71, Cedar Creek, TX 78612

Date: Thursday - Saturday from 10AM - 4PM

Details: Nature Labrinth and Tea Room with wifi, butterfly garden, moon garden, & more!

Activity: Use the labrinth for mindfulness, butterfly garden for meditation, and discuss mental/physical benefits of various teas!



Billig Ranch Hiking Trails

Location: 208 Billig Lane. Paige, TX 78659

Date: Free every day

Details: Pines & Prairies Land Trust offers a wildlife reserve where you can search for various plants and animals on the abundant hiking trails.

Activity: Get outside and in nature! Discuss the benefits of being outdoors, initiate mindfulness interventions, and more!

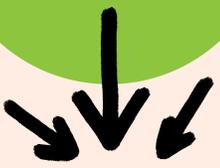
FREE RESOURCE OF THE MONTH!



change
to chill
by Allina Health



Chill Breaks



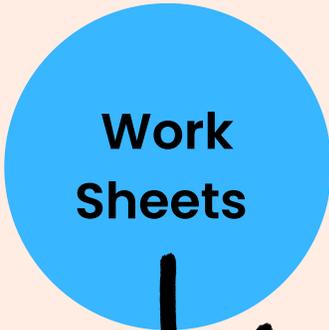
- Guided Meditation
- Breathing Techniques
- Breaks Under 2 Minutes
- Breaks Under 5 Minutes



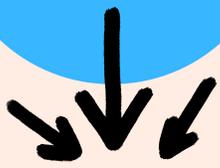
Mindful Movement



- For Reducing Anxiety
- Improving Energy
- Promoting Sleep
- Encouraging Calm



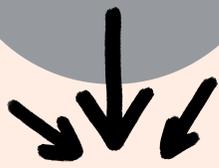
Work Sheets



- Stress & Anxiety
- Identity
- Athletic Performance
- Grief and Loss



Activities



- Guided Imagery
- Life Balance
- Mindfulness
- Mental Remix

SAN ANTONIO MUSEUMS!



Centro De Artes

- The space is dedicated to telling the story of the Latino experience with a focus on South Texas through San Antonio and regional art, history and culture, and showcasing Latino artists and Latino-themed artworks.
- Free to all visitors every day!

McNay Art Museum

- The McNay Art Museum, located in San Antonio and named for founder Marion Koogler McNay, is the first museum of modern art in Texas
- Children and teens under 19 years old are always FREE at the museum. On H-E-B Thursday Nights (4-9pm) and on AT&T First Sundays of the Month, entrance to Main Collection Galleries is also FREE.



Witte Museum

- The Witte Museum inspires people to shape the future of Texas through relevant and transformative experiences in nature, science and culture. As San Antonio's most-visited museum, the Witte reaches a diverse audience of hundreds of thousands from within Bexar County and beyond.
- Admission is free on Tuesdays from 3 p.m. until 8 p.m.