

THE BUZZ

The monthly Honey Bee Therapies Newsletter



Happy Independence Day!

Falon Bridwell & Christi MacWilliams

We are halfway through 2022, y'all! **Happy July 4th!** We hope everyone has a **wonderful holiday weekend.** We encourage everyone to take some time off and enjoy time with their friends and family.

We have a team social this month! See page 4 for more information and let us know if you'll be able to join! We hope you can make it!

Enjoy the newsletter and let us know if you have anything to add to next month's edition. We continue to be blown away by the group that Honey Bee Therapies has become. We are proud to know and work with the best recreation therapists around!

WHAT YOU'LL FIND INSIDE:

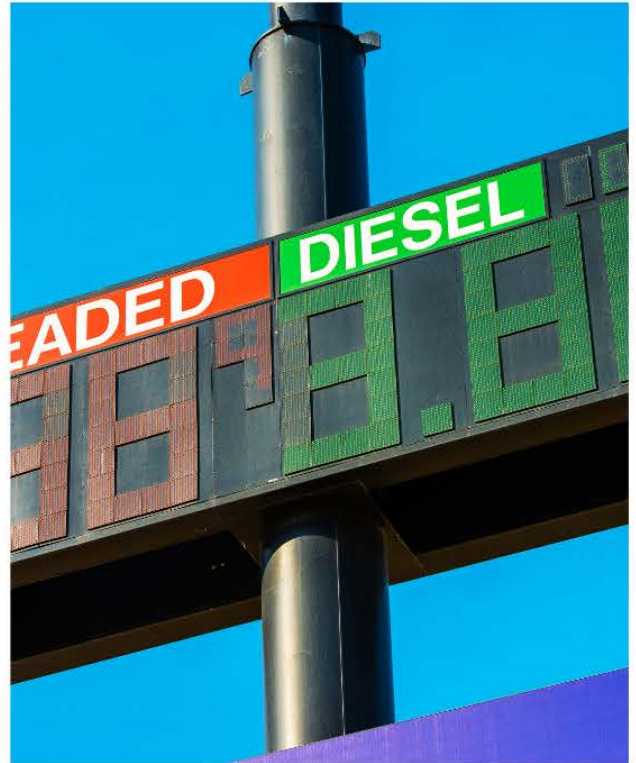
- **SUMMER SOCIAL**
- **FREE ACTIVITIES**
- **REC THERAPY MERCH**
- **THERAPY GAMES**



Tips to Save on Gas!

As gas prices increase, community based providers are forced to get EXTRA creative to remain profitable. Below are some tips and tricks to help you navigate your clients during particularly challenging financial times.

- You CAN provide services at the clients home. If you are uncomfortable with this or the home is not an appropriate learning environment, try walking/riding bikes to the closest park or pool. If your client lives in an apartment complex, learn the amenities and utilize them!
- Get therapy games from Amazon! It may cost more up front but you will utilize them for years to come. This is a good way to teach some social skills without having to go too far into the community.
- Text/call the family the day of to confirm appointment. This will reduce on no-shows or at least save you gas if they decide to no-show.



**"It might be stormy now,
but it can't rain forever"**



Amazon Therapy Games

Over the weekend, we ordered a TON of therapy games from Amazon and tried them all out so you don't have to. Below are the ones we deemed to be useful!

CBT 123

- Ages 7-15, Price \$17.99
- Teaches the basics of CBT through an engaging activity that stimulates your mind and body. This is probably the most fun of all the games.

Don't Go Bananas

- Ages 6-12, Price \$15.99
- Helps kids identify, understand, and control strong emotions based on the ABCD method of CBT. Can be modified into an Uno style or played as originally intended.

Mad Smartz

- Ages 6 & up, Price \$19.95
- Based on the card games UNO. Improves anger management, social skills, empathy, self confidence, and cooperation.

Amazon Therapy Games 2

Emotional Rollercoaster

- Age 6-13, Price \$33.95
- Based of Chutes and Ladders. Teaches kids how to cope when they get angry, use mindfulness and breathing exercises, explore triggers, and improve ability to express themselves.

Mindfulness Game

- Age 6 & up, Price \$19.94
- This isn't so much a game as it is simply learning the basics of mindfulness and various skills. This would be better for a group setting but is still considered to be a good resource for teaching.

Impulsive Eddie

- Age 8-12, Price \$17.99
- Teaches kids about controlling their impulses and learning self control skills. Great for kids with ADHD or any impulsive child.



"You can't use up creativity. The more you use, the more you have."



Modify Existing Games

There are plenty of games you may already have that can be used therapeutically. Below are some modifications made to common games to use in session. Scan the QR code for full instructions!

Feelings Mancala



Bee the best you can bee:

This month we want to give a shout out to our provider, **Brittany Lundeen!**

Brittany has been with us for almost two years now! She provides consistent services and remains creative in the way she leads therapy sessions. This has allowed her to develop strong therapeutic rapport with her clients. From kayaking, to creative arts, her sessions always sound engaging and enjoyable.

On top of this, her documentation is superb and she does a great job getting her paperwork in on time!

Thank you for being part of the team! We appreciate you!



Self-Care & Support

Our job is different, our job is enjoyable- and our job is challenging! It is so important to have regular supports in place in order to receive the full benefit of helping others. We are working to provide a light in peoples lives who are experiencing really tough times. How can we stay well-lit?

Having solid relationships inside the workplace and at home play a crucial role in battling burnout. Having someone to talk to about emotional distress and the balance of personal and professional pressures helps us deal with high-stress situations.

Connect with friends and colleagues to reduce feelings of isolation.

Take time off when needed.

Keep your own appointments with your regular physicians to maintain good physical and mental health.

Maintain basic self-care including eating a nutritious diet, getting at least 30 minutes of daily exercise, and creating a good sleep routine.

Practice stress reduction techniques including deep breathing exercises, yoga, and meditation.

Talk with us if your workload becomes too much and you need more support.

JULY 2022



SUMMER SOCIAL



Playland Skate Center
Adult Skate Night

Saturday, July 23, 2022
9pm-12am

Entry admission will be covered for
Honey Bee Providers.

You may invite others to join but they will have to cover their own admission.



8822 McCann Dr, Austin, TX 78757

RSVP by July 18th

Schertz Public Library: Free Activities

[Click here to register](#) (Registration required for all events)

What: Teen Tuesdays

When: Tuesdays from 4:30p-5:30p

All teens, ages 13-18 are welcome to come hang out at the library. Activities vary from week to week - sometimes we game, sometimes we watch movies, sometimes we art... you help decide. Registration required.

What: Crafternoon Wednesdays

When: Wednesdays at 2p

Make, then take, your artsy and fun project every week! This program is recommended for children 5 to 12 years old with a parent/caregiver. Materials are provided while supplies last. Registration required.

What: Family Game Thursdays

When: Thursdays at 2p

Meet up at the library for gaming fun! Drop in to try board games from the library's games collection. We will have a selection of board games for you to play with your family and friends. Registration required.

What: Foam Party

When: July 9th, 10:00a-10:45a

Join us for a foam dance party. The FOAMINATOR creates a continuous Foam for you to go crazy in while the Foam collects into a GIANT pile of hypo-allergenic safe and super clean, dense bubble FOAM! Dress to get wet, bring a towel and a water bottle (we will be outside on the library's courtyard).

What: Game Time

When: July 9th, 11:00a-12:30p

Did you know board games teach critical thinking, strategic skills, offer social opportunities for participants, keep minds sharp and are just plain fun? Join us on Saturday, July 9 from 11:00 AM- 12:30 AM. Learn a new game or play an old favorite. Our goal is to connect families, teach social skills, learn problem solving skills, and to have fun. A parent or guardian is required to participate with child(ren).

What: Library Mini Golf

When: July 30th, 10:00a-4:00p

Join us for 9 holes of mini golf to commemorate the end of our Summer Reading Program. The mini golf course will be set up in the Children's Library all day. This is a fun opportunity for the whole family. Please note the Children's Library will not be open for regular library business while the mini golf course is set up.

Austin Parks Foundation: Free Fitness

[Click here for links to activities](#)

Fitness In The Park: free workout classes.

You must register for these.

July 9th, 10am, Pan American Park: Mixxed Fit

July 23rd, 10am, Metz Park: Kickboxing

August 13, 10am, Park Zaragoza: Zumba



Follow Austin Parks Foundation on Facebook to stay in the loop for free activities!

Free, Family Friendly Latin Dance Classes



Muevete Skylit Dance Social is a monthly Latin dance series located on The Lawn at The Domain.

Each event is Free, Family Friendly, and Fun!

Attendees will enjoy Salsa and Bachata dance lessons, music, and dance showcases on Thursdays from 6 - 10 PM. Dance Lessons are at **6:10 PM.**

Event dates: July 21st, August 18th

What makes the events so unique is that all ages are welcome and no dance experience is required.

Anyone can attend and have fun!

Every Muevete Skylit Dance Social is an opportunity to create long-lasting memories with friends and family. Don't miss your chance to dance and laugh on

The Lawn at The Domain!

RECREATION THERAPY AND MENTAL HEALTH RELATED MERCHANDISE:

Super Cute Therapy & Self Care Related Clothing

More Clothing

Even More Clothing

Stickers/Hats/T-shirt Rec Therapy Specific

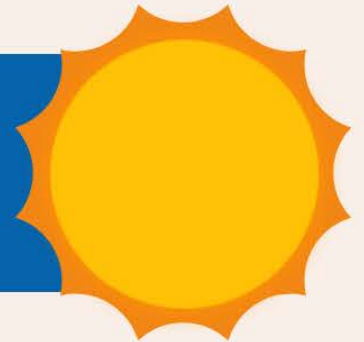
RT Specific Stickers and Accessories



Gentle Reminders



Water and sunshine aren't only for plants!



It's not selfish to love yourself, take care of yourself, and make your happiness a priority. It's necessary.

Mandy Hale



tinybuddha.com

“Rest and self-care are so important. When you take time to replenish your spirit, it allows you to serve from the overflow. You cannot serve from an empty vessel.”

ELEANOR BROWN
author



THE BUZZ

The monthly Honey Bee Therapies Newsletter



August 2022

Falon Bridwell, Co-Owner

Howdy Honey Bees!

Welcome to to our August newsletter, we are so happy to have you! Moving forward you will be able to find these newsletters on the www.honeybeetherapies.org website. We are excited to share our resources with other Texas Contractors.

School starts August 16th for AISD so now is a good time to check in with parent's to create the best schedule for the school year.

As always, please feel free to reach out if you have suggestions about the content in these newsletters. We love to hear from you!

WHAT YOU'LL FIND INSIDE:

- **FREE AUSTIN ACTIVITIES**
- **BACK TO SCHOOL AISD**
- **UPCOMING SOCIAL**
- **NEW ACTIVITY**

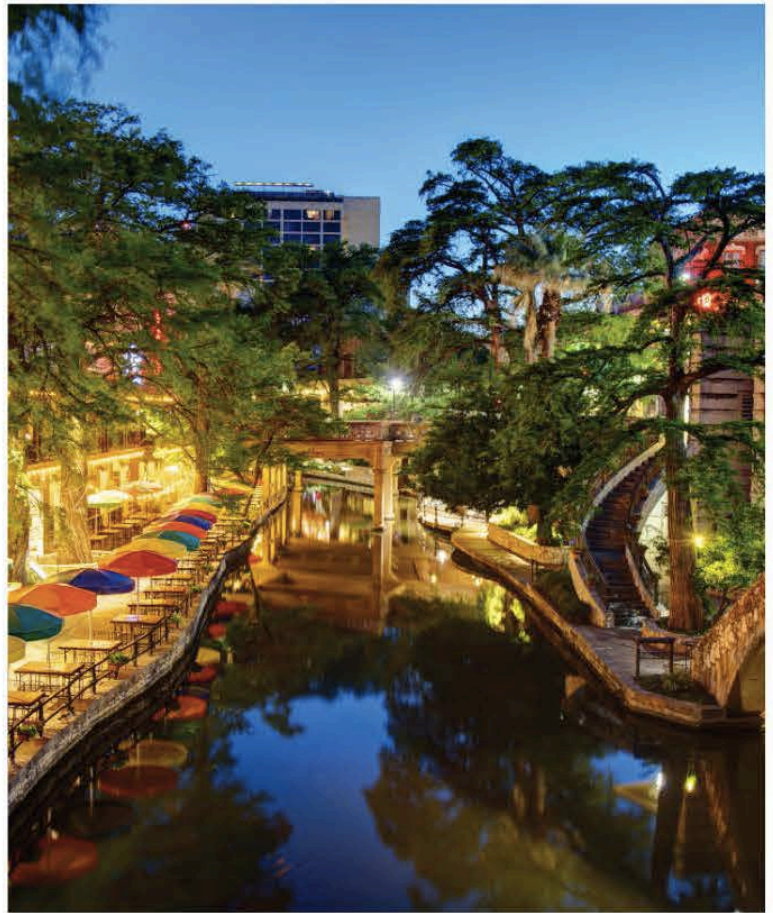


Spreading Wings to San Antonio

Honey Bee Therapies is excited to announce our growth into another city; San Antonio! The opportunity for stimulating and exciting activities are endless in this cultural Mecca.

This beautiful Texas city boasts many attractions including Fiesta Texas, the River Walk, and the San Antonio Zoo. Other notable features include the vast natural areas for all types of outdoor recreation (including kayaking, hiking, camping, rock climbing and more!). San Antonio boasts loads of exposure to Mexican culture through museums, historic sites, and delicious food!

Please let us know if you know any other Recreation Therapists looking to start contracting in the San Antonio area!



Bee the Best You Can Bee!

This month we would like to recognize the newest member of our hive, **Anastasia Sanchez, CTRS.**

We admire Anastasia for making a bold cross-country move, joining Honey Bee, and hitting the ground running! Since joining our team, Anastasia quickly built up a full time caseload and has made it a point to provide high-quality services. We admire Anastasia's motivation to learn the ropes quickly through asking questions and keeping a line of open communication.

Thank you Anastasia for being a part of our team, we value your hard work and your shining personality!

Free Austin Activities

Craft activities every Sunday

Location: Michael's- Every Location

Date/Time: Sunday from 2p-4p

Activity:

8/7- Create a "Luck Box" (Pictured here)

8/14- Rainbow Yarn Pull Art

8/21- Mandala Painted Rocks

8/28- Watercolor Bookmark

YMCA Back to School Celebration

Location: East Communities YMCA, 5315 Ed Bluestein

Date/Time: August 13th @ 10am

Activity: Join us for a free family event to help prepare for the school year! We'll have music, food, games, and a limited number of free backpacks & school supplies.

Free Live Music (next to playground!)

Location: Central Market North Lamar

Date/Time: Friday's and Saturdays from 5:30PM-8PM

Notes: Central Market hosts live music on the patio next to the playground every Friday and Saturday.

Genres include latin, rock, salsa, and blues!



"The quality of a life is determined by it's activities."



Austin Libraries

Austin Library Events

Location: All Over

Date/Time: Through August, check website

Activity: Follow the hyperlink to view what events are going on at a library near you! Activities include music lab, coding classes, lego lab, book clubs, and many more!

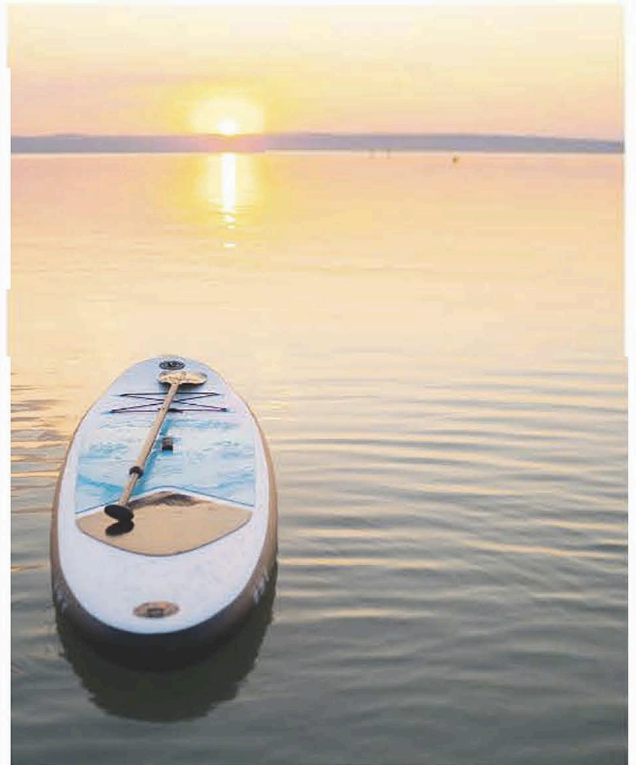
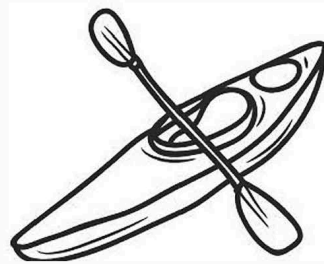
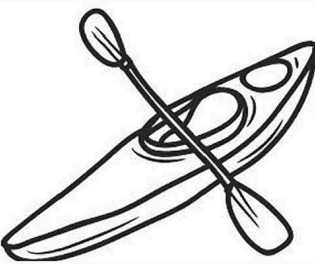
<https://library.austintexas.gov/events>



Free Paddleboard and Kayak Passes!

The Austin Parks and Recreation Department is offering free paddleboard and kayak passes to residents of Austin, Texas. The passes are available for a limited time and are subject to availability. Passes are available for individuals and families. Passes are valid for use on the following waterways: Barton Springs Creek, Guadalupe River, and Lady Bird Lake. Passes are valid for use from sunrise to sunset. Passes are valid for use on the following waterways: Barton Springs Creek, Guadalupe River, and Lady Bird Lake. Passes are valid for use from sunrise to sunset.

Apply for your free paddleboard and kayak passes at <https://www.austintexas.gov/central-services/parks-recreation>. Passes are available for a limited time and are subject to availability. Passes are available for individuals and families. Passes are valid for use on the following waterways: Barton Springs Creek, Guadalupe River, and Lady Bird Lake. Passes are valid for use from sunrise to sunset.



Austin Museums

Blanton Museum of Art

- Free on Thursdays!

Laguna Gloria

- Free on Thursdays!

Bullock Museum

- Free the first Sunday of the Month

Thinkery

- Free on Sunday from 3PM-5PM

Texas Military Forces Museum

- Always free!

Bee Cave Sculpture Park

- Free everyday!

Free Austin Events Cont.

Snack Science: For Children Age 6-9

This free six-week series for 6-9 year olds uses stories, songs, cooking, and science to teach children how to keep their bodies healthy and strong. Program presented by the HealthStart Foundation. Space is limited so preregistration is required.

🕒 Tuesday, August 9, 2022 - 4:00 PM to 5:00 PM

📍 Central Library, 710 W. César Chávez St.
Children's Area

📅 [Please register for this event.](#)

Free and open to the public | Gratis y abierto al público



Teen Manga & Graphic Novel Bookclub

This month: Blue Flag! Teens age 13-18 are invited to join us for discussions of teen manga and graphic novels. Read our selection for the month, and share what you're reading with other graphic novel fans! Walk-ins welcome or register below for reminders

A monthly informal book discussion for avid teen readers.

Teens 13-18 only

🕒 Saturday, August 13, 2022 - 3:00 PM to 4:30 PM

📍 Central Library, 710 W. César Chávez St.
Teen Center

📅 [Please register for this event.](#)

Free and open to the public | Gratis y abierto al público





Austin ISD's Back-to-School BASH 2022—Supporting AISD Students and Families

We are excited to announce that Austin ISD's Back-to-School BASH will be back in-person, and will take place on Saturday, Aug. 6, 2022, at the Palmer Events Center (900 Barton Springs Rd, Austin, TX 78704) from 9 a.m. to 1 p.m. District departments and community organizations from across the city will offer exhibits for AISD families to learn about numerous programs and services that can help students enjoy a safe and successful school year.

Event highlights

- Community organizations
- Austin ISD programs
- Booster seats (Limited quantity, must show proof of enrollment in AISD)
- School supplies - drawstring bags, markers, supply kits, etc.
- Free haircuts
- Dental exams
- Eye exams and vouchers
- Immunizations (Please bring your child's immunization/shot records if available)
- COVID-19 vaccinations
- Student performances
- Door prizes
- On-site enrollment
- Interpretation available in American Sign Language, Arabic, Burmese, Chinese, Dari, Farsi, French, Kinyarwanda, Lingala, Pashto, Portuguese, Spanish, Swahili and Vietnamese.

Parking and transportation

- **Free shuttle buses** - Austin ISD is providing FREE transportation starting at 7 a.m. Attendees may park at these two locations to catch shuttle buses to BASH:
 - Burger Stadium (3200 Jones Rd. Austin, TX 78745)
 - Nelson Field (7105 Berkman Dr. Austin, TX 78704)
- **Free CapMetro Bus Passes** - Request your FREE digital Local Day Pass to get you to and from the Austin ISD Back to School Bash 2022:
 - Families must [sign-up online](#) by Friday, Aug. 5 at 5 p.m.
- **Parking** - Paid parking is available on-site for \$8 at the Palmer Events Center Garage.

Free New Braunfels Activities

Yoga at the Headwaters

Location: Headwaters at the Comal

Date/Time: Tuesday and Thursday from 12PM-1PM

Activity: One hour yoga session led by Monica Soucie, CYT. This free weekly class is a great way to destress and get connected with nature.

Class is donation based. Please bring your own mat and water bottle.

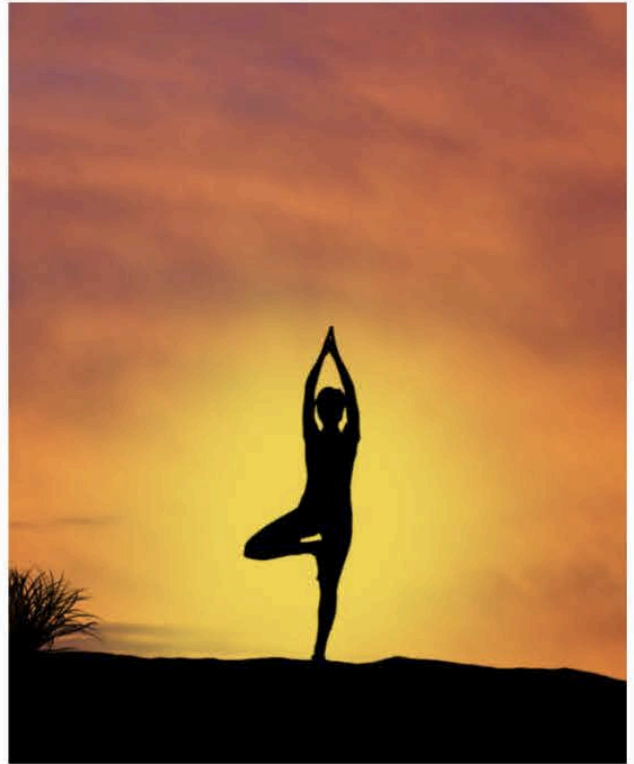
Monday Group Run

Location: Two Rivers Running

Date/Time: Every Monday from 6:30PM - 8:30PM

Activity: Join us for an easy 3-mile social run each Monday.

- Simple route
- Can be adjusted to be longer or shorter
- All paces welcome
- Hang out after for chatting and fun
- 2nd Monday of the month = pizza



"The quality of a life is determined by it's activities."



McKenna Children's Museum

Special Admission Day

- Monday, August 1st
- Wear yellow for a \$5 admission

Wondershop Craft Days

- Dates: 8/1/2022, 8/2/2022, 8/3/2022, 8/4/2022, 8/5/2022, 8/6/2022
- Time: 9AM to 4PM
- Sunflower paper craft (more appropriate for younger children)

Pirate Day Scavenger Hunt

- Date: Tuesday, August 9th
- Free scavenger hunt with price of admission

Bastrop Activities

Super Family Fun Night

Location: 1008 Water Street Bastrop, TX 78602

Date/Time: August 26th from 6PM - 7:30PM

Activities: Contact City of Bastrop Recreation for more insight into this month's activities

Eden East Farm Stand

Location: 1910 Main Street, Bastrop, TX 78602

Date/Time: Wednesday from 4PM-7PM, Friday & Saturday from 9AM to 1PM

Activities: They sell vegetables, pantry items, eggs, and more. Come walk the farm, meet your neighbors and peruse healthy food.



INHALE TACOS
EXHALE NEGATIVITY
#NAMASTE



Hive Hangout

INHALE TACOS
EXHALE NEGATIVITY
#NAMASTE

Free Custom BINGO Cards

Click the link above to be taken to the website.



You can play virtual bingo instantly, and you'll get a PDF to print all your bingo cards if you are playing in person. Your bingo cards will be randomized so they are all different. Get up to 30 cards free. You can customize the theme, title and content of these bingo cards before you continue.

See photo below for recreation therapy related idea: (I actually pulled this from the website so I did not type these examples in. They just happened to have a mindfulness bingo!). Once you type in your squares, click "next step", select "30 for free" and you'll be able to access your cards.

Enter a title

Mindfulness Bingo

Enter words or numbers

listen to a Guided Meditation
 Do something creative
 Have a vulnerable conversation
 Write someone a thank you note
 Do a random act of kindness
 Practice yoga
 Enjoy a meditative walk
 Place a reminder to breathe in your apartment
 Set a reminder to breathe on your computer
 Start reading a book by Thich Nhat Hanh
 Read article on body language

Options

Theme [see all](#)

Gold

Grid size [help?](#)

Automatic

Mindfulness Bingo

| | | | | |
|---|--|---|---|--|
| LISTEN TO A GUIDED MEDITATION | DO SOMETHING CREATIVE | HAVE A VULNERABLE CONVERSATION | WRITE SOMEONE A THANK YOU NOTE | DO A RANDOM ACT OF KINDNESS |
| PRACTICE YOGA | ENJOY A MEDITATIVE WALK | PLACE A REMINDER TO BREATHE IN YOUR APARTMENT | SET A REMINDER TO BREATHE ON YOUR COMPUTER | START READING A BOOK BY THICH NHAT HANH |
| READ ARTICLE ON BODY LANGUAGE | LISTEN TO PODCAST 'ON BEING' BY KENTA TAYLOR | PRACTICE MINDFUL EATING | READ ARTICLE ON PROACTIVE VS REACTIVE LANGUAGE | WRITE DOWN 5 THINGS YOU ARE GRATEFUL FOR |
| WASH THE DISHES BY HAND AND CHIN THE CALM | WATCH BIRDS BROWSE TED TALK ON VULNERABILITY | CALL A FRIEND FROM HOME TO THANK THEM FOR SOMETHING | BRAINSTORM ON WAYS WE CAN LEAVE A POSITIVE IMPACT | DO VOLUNTEER WORK |
| DOWNLOAD THE 'CALM' APP | READ BOOK 'VULNERABILITY MADE SIMPLE' | ASK SOMEONE TO BE YOUR MINDFULNESS PARTNER | WRITE DOWN YOUR DREAMS AND DISCUSS THEM WITH A FRIEND | |

myfreebingocards.com

Next Step »

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September 2022

*Falon Bridwell & Christi MacWilliams,
Owners of HBT*

Howdy Honey Bees!

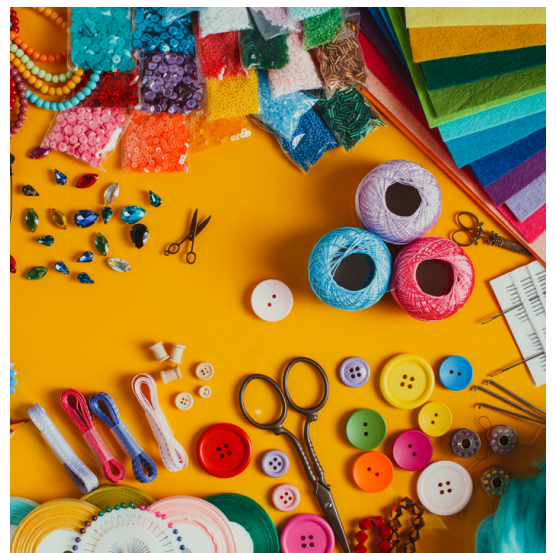
Welcome to our September newsletter! It has been a few weeks since our kiddos have gone back to school and we hope you have been adjusting well to your back to school schedules.

We know programming around kids school schedules can be challenging, so we included a list of local ISD's and their days off during this fall semester. See more on page 4 & 5.

As always, feel free to reach out if you need help with anything, have suggestions, or simply want to check in!

WHAT YOU'LL FIND INSIDE:

- **DOCUMENTATION REMINDERS**
- **REFERRAL REFRESHER**
- **HEART & BRAIN COMICS**
- **AUSTIN DAY OF YOGA**



Documentation Reminders

Remember that the activities you choose should relate to the needs statements indicated on the wraparound plan. **Explain in your note why the chosen activity relates to the needs statement.**

If you have a new client and the wraparound plan has not been created yet, you can put "TBD" until you get the wraparound plan. Remember to follow up with caseworkers and get the plan as soon as possible! If you are having trouble getting a wraparound plan, please reach out to us and we will assist you.

When a client is new to YES waiver, they may not have a wraparound plan until the first team meeting. If that is the case, use your first few sessions to build rapport and work on goals that the client has disclosed to you personally.



More Documentation Reminders

Remember that you have 24 hours to document on a provided session. This is a **requirement** indicated by the Local Mental Health Authorities.

Please have your notes and invoices submitted by 8AM on Monday morning. We have this timeline in place to ensure that we can have your documents submitted and you will get paid on time.

We know that documentation can be challenging, so if you ever feel that you need a refresher, please reach out to us and we can set up a zoom call to help you!

Seriously, we are genuinely happy to help!

Referral Refresher

When you receive a referral, you have **24 hours** to contact the family. You have **5 days** to initiate services. If you have a family that you cannot reach, please email the caseworker and CC us!

Remember that we have a referral form and a discharge form that you are **required** to fill out. These are important documents for us to have so we can help you if you cannot get into touch with families, know when you need a referral, and track which caseworkers you have if something comes up!

The referral/discharge form will be re-sent via email. Please feel free to reach out if you have any questions.



Basically Free Money

You read it right. Free money.

We are looking to expand our team into San Antonio and need some stellar worker bees to make that happen!

If you know any Recreation Therapists who are interested in contracting, please let us know! We will give you \$100 for referring a contractor who provides services for at least 3 months.

Please reach out if you have any questions about this!

Fall 2022 Semester

STUDENT HOLIDAYS FROM SCHOOL

AUSTIN ISD

- September 5- Labor Day
- October 7- Student Early Release
- October 14- Student Holiday
- Nov 21-25 - Fall Break
- Dec 22-23 - Student Holiday
- Dec 26-Jan 6 - Winter Break

GEORGETOWN ISD

- September 5- Labor Day
- September 19- Student Holiday
- October 7-10 - Fall Break
- October 31- Student Holiday
- Nov 21-25 - Thanksgiving Break
- Dec 16 - Early Release
- Dec 19-Jan 3 - Winter Break

ROUND ROCK ISD

- September 5- Labor Day
- September 26- Student Holiday
- October 10- Student Holiday
- October 24- Student Holiday
- Nov 21-25 - Fall Break
- Dec 16 - Teacher Workday
- Dec 19-Jan 3 - Winter Break

HUTTO ISD

- September 5- Labor Day
- October 10- Student Holiday
- October 31- Nov 1- Student Holiday
- Nov 11- Student Holiday
- Nov 21-25 - Fall Break
- Dec 16 - Early Release
- Dec 19-Jan 2 - Winter Break

LIBERTY HILL ISD

- September 5- Labor Day
- October 10 & 11 - Student Holiday
- November 4- Student Holiday
- Nov 21-25 - Fall Break
- Dec 19-Jan 2 - Winter Break

LEANDER ISD

- September 5- Labor Day
- September 26- Student Holiday
- October 10 & 11- Student Holiday
- November 8- Student Holiday
- Nov 21-25 - Fall Break
- Dec 16 - Early Release
- Dec 19-Jan 2 - Winter Break

*All info pulled from ISD websites

HAYS ISD

- September 5- Labor Day
- September 6- Student Holiday
- October 7 & 10 - Student Holiday
- October 31 & Nov 1- Student Holiday
- Nov 21-25 - Fall Break
- Dec 14-15 - Early release (HS ONLY)
- Dec 16 - Early release (6th-12th)
- Dec 19-Jan 4 - Winter Break

SAN MARCOS ISD

- September 5- Labor Day
- September 30- Student Holiday
- October 10 - Student Holiday
- October 31- Student Holiday
- Nov 21-25 - Thanksgiving Break
- Dec 19-Jan 3 - Winter Break

BASTROP ISD

- September 2- Student Holiday
- September 5- Labor Day
- October 7 & 10 - Student Holiday
- November 1- Student Holiday
- Nov 21-25 - Thanksgiving Break
- Dec 19-Jan 4 - Winter Break

TAYLOR ISD

- September 5- Labor Day
- October 7 & 10- Student Holiday
- Nov 21-25 - Fall Break
- Dec 16 - Early Release
- Dec 19-Jan 4 - Winter Break

NEW BRAUNFELS ISD

- September 5- Labor Day
- September 23- County Fair Holiday
- October 10 - Student Holiday
- November 4- Student Holiday
- Nov 21-25 - Thanksgiving Break
- Dec 20- Early release (3 hrs early)
- Dec 21-Jan 4 - Winter Break

COMAL ISD

- September 5- Labor Day
- September 23- County Fair Holiday
- October 10 - Student Holiday
- Oct 26 & 27- Elementary Early Release
- Nov 21-25 - Thanksgiving Break
- Dec 19-Jan 3 - Winter Break

SEGUIN ISD

- September 5- Labor Day
- September 21- Student Half Day
- October 7- County Fair Holiday
- October 19- Student Holiday
- November 2- Student Half Day
- Nov 21-25 - Thanksgiving Break
- Dec 19-Jan 3 - Winter Break

SCHERTZ-CIBOLO-UC ISD

- September 2 & 16 - Early Release
- September 5- Labor Day
- October 10 - Student Holiday
- Oct 7 & 28, Nov 4 - Early Release
- November 11- Student Holiday
- Nov 21-25 - Thanksgiving Break
- Dec 16- Early Release
- Dec 19-Jan 2 - Winter Break

Online Social

Honey Bee Provider Online Social

Location: Zoom Online

Date/Time: Wednesday, Sept 21
10:00AM-11:30PM

Meet us on Zoom for our next social within the comfort of your own home! The start of the meeting with focus on checking in with everyone and playing a fun group game. We will then transition into a few reminders followed by time for questions. We will not be having another in-person social until our December Christmas Party.



"In a world of algorithms, hashtags, and followers, know the true importance of human connection."



Bee The Best You Can Bee!

This month we want to give a shout out to our contractor, Rachel Collins.

Rachel is consistent in her work. She does a great job meeting her clients where they are at and working with them to assure therapeutic value has been provided.

Rachel is a documentation queen, always using professional terminology and painting a clear picture of how the client responds to session and what differences were noticed from start to end of session.

We are proud to have you on our team! Thank you for all that you do.

AUSTIN FREE DAY OF YOGA

Sept 5th



KEEP YOUR MIND & BODY HEALTHY

ON MONDAY, LABOR DAY, SEPTEMBER 5TH, 2022 PARTICIPATING STUDIOS ACROSS THE AUSTIN AREA WILL OFFER FREE YOGA CLASSES AS AN OPPORTUNITY FOR PEOPLE OF EVERY AGE AND FITNESS LEVEL TO:

TRY YOGA FOR THE FIRST TIME
EXPERIENCE A NEW STYLE OF YOGA
MEET A NEW INSTRUCTOR
DISCOVER THE BENEFITS OF YOGA

THE WATERLOO GREENWAY CONSERVANCY HAS PARTNERED WITH FREE DAY OF YOGA TO OFFER FREE OUTDOOR YOGA CLASSES IN THEIR BEAUTIFUL SPACES! WATERLOO GREENWAY IS A 1.5 MILE PUBLIC PARK SYSTEM RIGHT IN THE HEART OF DOWNTOWN AUSTIN.

BRING YOUR OWN MAT AND WATER BOTTLE, AND ENJOY A VARIETY OF CLASSES IN THE FRESH AIR THROUGHOUT THE DAY.

FOR MORE INFORMATION ON PARTICIPATING STUDIOS, PLEASE CLICK THE "LEARN MORE" LINK BELOW.

PLEASE MAKE YOURSELF FAMILIAR WITH EACH TYPE OF YOGA BY CLICKING THE "VIEW DETAILS" BUTTON BY EACH CLASS. IF YOU TAKE A CLIENT, PLEASE REMAIN SENSITIVE TO YOUR CLIENTS NEEDS AND COMFORT LEVEL. FOR EXAMPLE, SOME CLASS DESCRIPTIONS ARE A "CALM & RELAXING FLOW" WHILE OTHERS ARE "GROOVY FLOW WITH CHANTING AND DANCE."

[LEARN MORE](#)



Save The Date

Austin Museum Day will be on Sunday, September 18th. Enjoy dozens of Austin Area Museums for free in a celebration of art, culture, history, music, nature, science, and play!

See flyer on next page!

Visit the [Austin Museum Partnerships Facebook Page](#) to keep updated on Museum happenings in the area! They will release list of museums participating as time gets closer.

Life Skills Curriculum

The website "It's My Move" is full of helpful links to curriculum to strengthen youth's application of life skills training and to help in completing the goals identified on the learning plan.

While not all of these skills may be ones we cover, there are definitely skills related to recreation therapy: Self Care, Social Skills, Exercise, etc.

This website is helpful for providing skills to youth age 16 or older that are getting ready to transition out of the program and into adulthood.



CLICK FOR LINK

• SUNDAY, SEPTEMBER 18TH, 2022 • DOMINGO, 18 SEPTIEMBRE, 2022 •

AUSTIN MUSEUM DAY

• A FREE DAY TO DISCOVER AUSTIN AREA MUSEUMS • UN DÍA GRATIS PARA DESCUBRIR LOS MUSEOS DEL ÁREA DE AUSTIN •



BUCK 2022

• AUSTINMUSEUMDAY.ORG • #AUSTINMUSEUMDAY2022 •

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Youth Empowerment Services Waiver

Expected Outcomes

What are we looking for?



The following outcomes can be expected as a result of delivering services:

The youth and/or caregiver reports improved emotional and/or behavioral functioning.

The youth and/or caregiver report increased individual and caregiver strengths.

The youth and/or caregiver are linked with and are utilizing natural and community support systems.

Improved stability in areas of life domain functioning, including reduced risk of out of home placement, hospitalization, or multi-system involvement.

The youth is able to be discharged from YES Waiver and/or transitioned to less intensive services.

Services should be accessible, coordinated, strengths-based, non-stigmatizing, and developmentally appropriate.

Bastrop Activities

Teen Catapult Challenge

- Location: Bastrop Public Library, Pressley Meeting Room
- Date/Time: Sept 8th from 4:45PM-6:15PM
- Activities: By the power of science, we will launch the things in the air! No animals --or humans-- will be harmed in this program! The library has teen events every Thursday. Check out [their website](#) for more events.

Lego Club

- Location: Bastrop Public Library, Pressley Meeting Room
- Date/Time: 3rd Tuesday of the month (Sept 20) from 3:00PM-4:30PM
- Activities: Fun activities and challenges for ages elementary to tween. Everyone is welcome.

The Farm Street Opry

- Location: Bastrop Convention Center, 1408 Chestnut Street
- Date/Time: September 1st, 5:30p (Occurs monthly)
- Activities: Family Friendly musical performance featuring local Texas talent and special guest performers. Doors open at 5:30 pm show starts at 7:00 pm. Admission \$7.50. Children 10 and under free. Concessions available - Non- alcoholic event. The 1st Thursday of each month!

Lost Pines Art Center

- Location: 1204 Chesnut Street
- Date/Time: M-F 9a-5p, Sat 11-5p
- Activities: Admission is always free. They do offer specialty classes such as water color and glass blowing for ages 14+. Those are on the expensive side.

First Friday Art Walk

- Location: Main Street Businesses on Main Street. Bastrop, TX 78702
- Date/Time: Recurring monthly on the 1st Friday from 6:00 PM to 8:00 PM
- Activities: Free art and culture experience with local artists, interactive experiences, even a Drum Circle at R.A. Mercantile (1022 Main Street) that you can join in on.

City of Bastrop Recreation:

[This Website](#) did not have the best info but click that link to get all of it! Starting in September, they will have a youth program that is offered every 2nd and 4th Mondays at 4:30pm. This hour program will host a wide array of ideas, experiments, experiences, and opportunities! Discovery is a program that gives youth, ages 7 to 12, an opportunity to seek, explore and DISCOVER!! It might be an experiment, an art project or anything in between, but there is always a "take away" and an opportunity to learn and have fun!



Smithville Rec Center

106 ROYSTON, SMITHVILLE, TX

Basketball Court: 17 and under: \$1
18 and up : \$2

Exercise Room: \$5

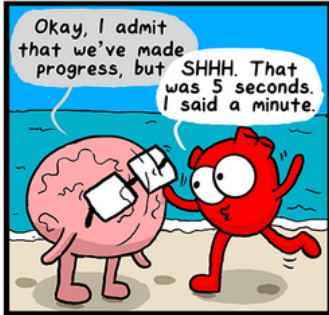
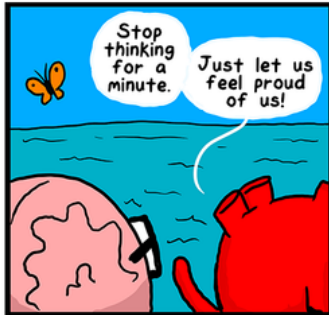
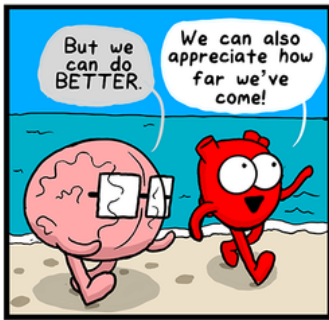
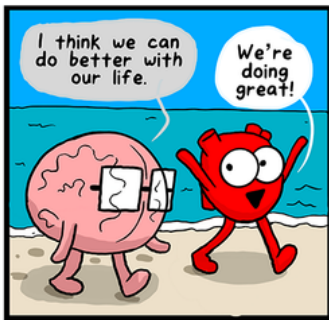
Racquetball Court: \$5

M-Th 8a-9p

Fri 8a-6:30p

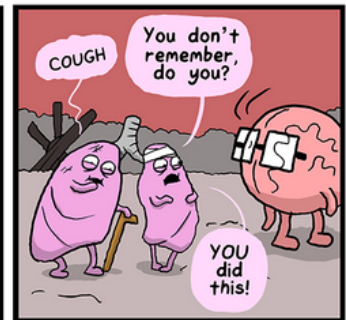
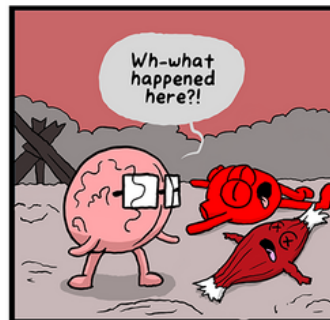
Sat 10a-2p

Sun 2p-6p



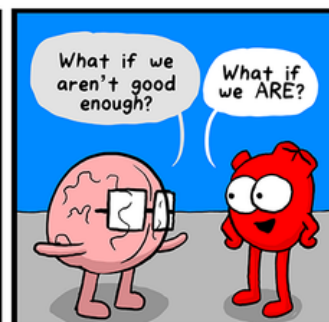
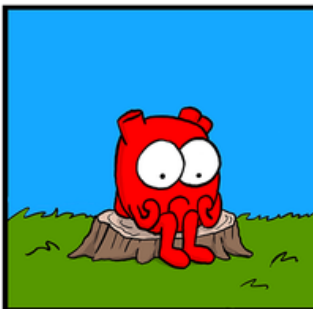
Heart and Brain

@theAwkwardYeti



Heart and Brain

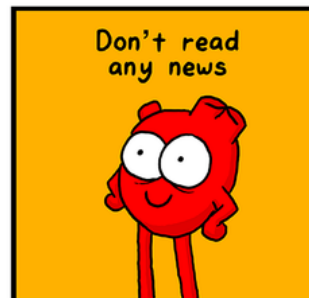
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Heart and Brain

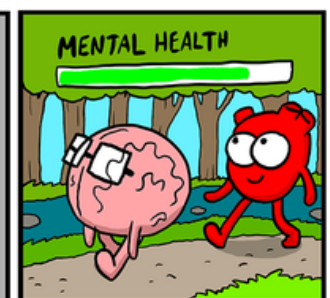
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DAILY SELF CARE IDEAS



Heart and brain

@theAwkwardYeti



Heart and Brain

@theAwkwardYeti



Daily Planner

S M T W T F S

DATE:

SCHEDULE

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