

MARCH 2023

# THE BUZZ

*The monthly Honey Bee Therapies Newsletter*



## March 2023

Spring is finally here! At HBT, we are so excited that we will be getting more sunshine, fairer weather, and hopefully some much needed rain. Spring is the season for the outdoors in Texas and we are looking forward to spending more time in nature.

We would like to thank our readers for following our newsletter and hope that everyone is able to find something useful. As always, please do not hesitate to send us suggestions for content you wish to see in our upcoming newsletters.

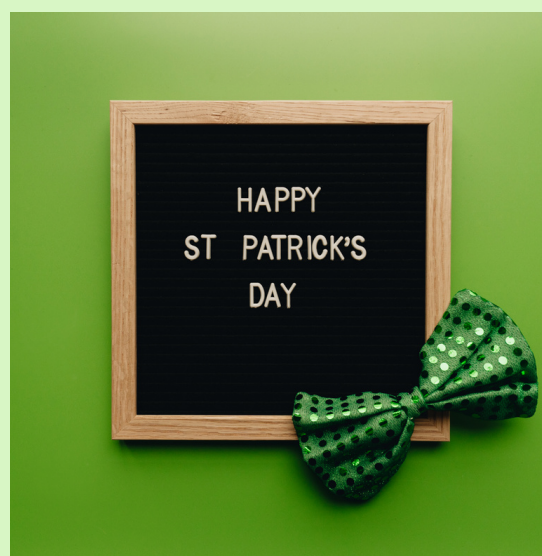
Stay sweet, Honey Bees!

*-Falon Bridwell & Christi MacWilliams,  
Owners of Honey Bee Therapies*

WHAT YOU'LL FIND INSIDE:

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- **Free Activities**
- **New Resources**
- **New Providers**
- **Spring Break**
- **Important Reminders**



# IMPORTANT REMINDERS FOR MARCH!



## Prepare for Allergies

The allergies in Texas are second to none. If you are affected by allergies, please remember to take non-drowsy allergy medications. You will want to be alert for your sessions and safe while driving. Stock your car with tissues because someone will need them and you do not want to get caught without them! If you want to go the extra mile, pack some face wipes to wipe down your face after doing outdoor activities.



## Spring Break!

Schools will let out for Spring Break at varied times. Check with the ISD of your clients schools to see which dates they will be out. Spring Break is the perfect time to make up for missed sessions since the kids will be out of school for the entire week! Just remember, do not go over 4 hours per client each week if making up sessions. Lastly, be aware of spring breakers and plan visits around where places might be overcrowded. Maybe paddleboarding at 2PM at Zilker should wait till the next week!



## Daylight Savings Time

Winter is a contractor's nemesis with having sunset so much earlier. But fear not, as days will feel longer soon! On March 12th, we will go back to having more daylight, allowing us to extend our sessions later in the evening. Remember to set your clocks in your vehicles to ensure you are on time to all of your scheduled appointments!

## Welcome to the Hive!

We would like to introduce a new member of our hive, Haley Keith!

Haley is the second member of our Community Living Support team. She will be serving Seguin, Cibolo, Schertz, San Marcos, New Braunfels, and Lockhart!

Haley's field experience centers around teaching and providing guidance on independent living, social skills, academic development, and life skills for pregnant and parenting teens. We feel that her experience has prepared her to be a superstar while working with kids with emotional disturbances.



## Howdy, Honey Bee!

We would like to welcome another new addition to our ever-growing hive - **Hanyue Zhang!**

Hanyue will be providing Community Living Support services. She will be serving clients in Guadalupe County.

Hanyue joins our team with a Bachelor of Social Work from UT Austin. She has experience working with multiple populations of students, providing supportive counseling to students in emotional distress, planning small groups and facilitating school and community mental health events. We believe her intellect and love of learning will be an asset to those who work with her!



# North Austin Nature



## 360 Overlook Trails

This scenic overlook and trail is located near Highway 360 & 2222. It is only .5 mile walk to reach the main viewpoints. The trail continues past a fence and down another .5 mile to other view points. Be careful when parking - people have been known to break into cars, so take your valuables. Bring a trash bag to help clean up!

## St. Edwards Hiking Trails

These trails and watering holes are located off Highway 360. There are three areas to swim, one featuring a rope swing. There are about 3 miles of trails to walk and incredible views of cacti and wildflowers in the spring. Cars have been broken into in the past, so take your valuables with you.



## Mount Bonnell

This area is the highest viewpoint in the Austin area. About .5 mile in length, the trail will lead you up an unforgettable amount of stairs to the highest viewpoint. If you go right, there are different viewpoints overlooking the lake. If you go left, there is a viewpoint of the Austin Skyline.

## Walnut Creek Park

This metropolitan park features 220 acres of recreation area. There is a paved path that connects this park with many others - great for riding your bike! There are also mountain biking trails, hiking trails, and a creek to play in. Fossils can be found in the limestone near the creek! Be aware that there is an off-leash dog area.



# South Austin Nature



## Stephenson Nature Preserve

This area is identified as one of the most underrated nature trails in Austin. Located in southwest Austin near Brodie and William Cannon, the preserve is filled with wooden structures placed by outdoor enthusiasts. There is also a playground within the area for younger kiddos!

## Twin Falls & Sculpture Falls

This hike is approximately 3.2 miles, out and back. You can swim at both Twin Falls and Sculpture falls. These areas fill up with water in spring but will run dry at the first signs of summer! These trails connect to the greater Barton Springs greenbelt that totals over 10 miles.



## McKinney Falls State Park

This park is located in Southeast Austin. There is a fee because it is a state park, but it is low. There is loads of area to hike and a swimming area to enjoy. How full the swimming area is dependent on weather but usually fills up in spring and dries out in summer. DO NOT SWIM IN STALE WATER.

## Onion Creek Greenbelt

These trails are located in Southeast Austin. The trail is 2.3 miles, out and back. The entire Onion Creek Metropolitan Park encapsulates 517 acres and boasts swimming areas, hiking, and a playground. The park is divided into North & South areas, so make sure you know which area you are in!



## Cedar Park: Glow Bike Ride and Party

- **Date/Time:** March 4th, 2023 from 6:30pm -9:00pm
- **Location:** Cedar Park Recreation Center  
1435 Main St. Cedar Park
- **Details:** The Cedar Park Parks and Recreation Department will host a free, family-friendly glow bike ride and party. During the city's Kaleidospoke event, riders will complete a 1-mile loop at the Cedar Park Recreation Center. The glow party includes a DJ, a light show, LED swings, seesaws and glow performers. Food trucks, bike vendors and healthy treats will be on hand.
- FREE but registration is required at [cedarparktexas.gov](http://cedarparktexas.gov)



## Pflugerville- Classical Concert

- **Date/Time:** March 11th, 2023 @ 4:00pm
- **Location:** First United Methodist Church, 500 E. Pecan St., Pflugerville, (512) 251-2575
- **Details:** The Pflugerville Arts Council will host a classical concert. The group Classical Sound will perform the music. Visit [www.pflugervilleartscouncil.org](http://www.pflugervilleartscouncil.org) for more information.



## Pflugerville: Outdoor Community/Family Event

- **Date/Time:** March 4th from 1:00pm-4:00pm
- **Location:** Pfluger Park, 515 City Park Road, Pflugerville, Texas 78660
- **Details:** Participate in games such as cornhole, horseshoes, Spikeball, slacklining and more. Hosted by Pflugerville Parks and Recreation
- Free, come and go activity but they do ask for courtesy to RSVP on their parks and recs website
- [www.pflugervilletx.gov/classes](http://www.pflugervilletx.gov/classes) then click "Upcoming Programs"



## Pflugerville PARD Board Game Night

- **Date/Time:** March. 9th, 5:30pm-8:00pm
- **Location:** Pflugerville Recreation Center, 400 Immanuel Road, Pflugerville, Texas 78660
- **Details:** A fun night of playing board games! Would make a great activity for your kiddos who love socializing. You'll be able to choose what to play from an extensive board game library or learn the featured board game of the month. Staff will be available to help you find the perfect game for your group or help you learn a new game.
- Free admission
- Register online to help them have a head count
- [www.pflugervilletx.gov/classes](http://www.pflugervilletx.gov/classes)

## Georgetown: Free Concert

- **Date/Time:** March 7th, 2023 at 7:30pm
- **Location:** Alma Thomas Theater, 1001 E. University Ave., Georgetown.
- **Details:** The Sarofim School of Fine Arts presents its Faculty Concert featuring faculty members violinist Jessica Mathaes and pianist Kiyoshi Tamagawa.
- Free
- 512-930-2583
- <https://www.southwestern.edu/sarofim/calendar>



## Georgetown- Williamson County Birthday Festival

- **Date/Time:** March 11th, 2023 from 9:00am-4:00pm
- **Location:** Market Days on the Square, 710 S. Main St., Georgetown
- **Details:** Celebrate Williamson County turning 175 years old. The county will have activities- including a bounce house, train rides, and a scavenger hunt- at the Market Days event.
- Free
- [www.wilco.org](http://www.wilco.org)



## Leander: Festival of Colors Celebration

- **Date/Time:** March 5th, 2023 from 12pm-5pm
- **Location:** 11417 Trails End Rd, Leander. *This is located in a field outdoors- dress accordingly.*
- **Details:** Festival of Colors celebration. Livvie Star Co. and Preksha Events will hold Austin's Grand Holi Celebration. The event features dance performances, raffles, nonstop music, shopping vendors, food trucks and more.
- Free (entry), \$25 (parking).
- 512-553-5342. [www.livviestar.com](http://www.livviestar.com)



## New Braunfels: Teen Art Show

- **Date/Time:** Throughout March, times vary, view website
- **Location:** 239 W. San Antonio St., New Braunfels
- **Details:** The New Braunfels Art League is hosting its 2023 Teen Spring Show, which will feature the artwork of local middle and high school students. Artwork from the Teen Spring Show will be available to view and purchase in the New Braunfels Art League Gallery until March 26. The reception for the show will take place March 5 from 2-4:30 p.m.
- Free admission
- 830-629-8022
- [www.thenewbraunfelsartleague.com](http://www.thenewbraunfelsartleague.com)

## RODEO AUSTIN: \$2 Admission

- **Date/Time:** March 21st, Fairgrounds open at 10:00AM, Carnival opens from 4:00PM-11:00PM
- **Location:** 9100 Decker Lake Rd, Austin, TX 78724
- **Details:** \$2 Tuesday. Fairground Admission is only \$2 for adults and children. Select Rides and Games are also only \$2.
- **Parking:** Public parking is \$15 per vehicle cash or credit card onsite, or purchase in advance online. Public parking is accessible through GATE 3 and GATE 4, on Decker Lake Road.



## Austin: Zilker Park Kite Festival

- **Date/Time:** April 1st, 10:00AM-5:00PM
- **Location:** Zilker Metropolitan Park - Great Lawn, 2100 Barton Springs Road, Austin, TX 78704
- **Details:** Free Admission.
- This event is not until April 1st but you will need to plan ahead if you are going! If you decide to be a daredevil and face the traffic & parking situation for this event, we salute you! May the odds be ever in your favor to find a parking spot. Bring a kite, lawn blankets, perhaps pack a picnic, and enjoy! This event is crowded and on the loud side so if you're planning on taking any youth to this event please take this into consideration.

# BOOK REVIEW



## Just Breathe by Mallika Chopra

In this book you will find over 50 short exercises related to breathing, being still, noticing, moving, creating, and asking questions. Chopra writes "The intent of this book is to help you find an anchor, inside yourself, that is safe, happy and quiet-- and to help you tap into it, and find it, whenever you need it." The book tells you the time needed and location appropriate for each exercise.

I initially checked this book out from the library but have since ordered it as it include exercises that can benefit my entire caseload and are used repeatedly. It is currently \$10.49 on Amazon. If you google the book, you can see example pages of the exercises included.

Chopra has other books in this series that include "Just Feel" and "Just Be You."



But don't take our word for it! (Cue Reading Rainbow theme song!)

"Just Breathe is a gift for the whole family. With fun illustrations and simple steps, this book will empower you to feel more in control, to genuinely connect with others, and to approach life with peace and joy."

-Dr. Shefali Tsabary, clinical psychologist and author of the NYT bestseller *The Conscious Parent*

"Chopra opens the door to a direct discovery of how good it feels to be less anxious, healthier, and experience a more balanced way of life. Starting meditation young, in adolescence, is a lifelong set up for health, peace, and thriving."

-Dr. Lisa Miller, author of *The Spiritual Child* and professor and founder, Spirituality and Mind-Body Institute, Columbia University, Teachers College

# Parent-Child Relational Problem

## *What is it?*

You may see this listed under your client's diagnosis. It serves to describe the difficulties created between a child and parent, often communication and challenging interactions. It is not a mental disorder but some behaviors that can be found or created because of the conflict can result and be associated with other psychiatric conditions. Such problem tends to be associated with impaired functioning in behavioral, cognitive, or affective domains.

There may tend to be arguments that escalate to the point where there may be threats of physical violence as well as negative attributions of the other's intentions. Affective symptoms may include feelings of anger or contempt, apathy, or sadness during interaction with or thoughts about the other person.

## *Risk Factors:*

Family conflict, lack of structure & discipline, too much parental control, marital conflict (the parents' ability to cope with the change will affect the way the child copes with the situation on their own), maternal depression, father involvement, poverty, neglect or abandonment, residential instability, a chronically ill or disabled child, an undiagnosed psychological or developmental problem, fragile emotional temperament in the child, large families, family stress, peer pressures, violence at home, trauma, parental illness, physical illness, alcohol, substance abuse, or remarriage/stepfamilies.

## *Symptoms:*

- Lack of communication
- Yelling
- Lack of respect for one another
- Constantly interrupting one another
- Verbal aggression
- Physical abuse

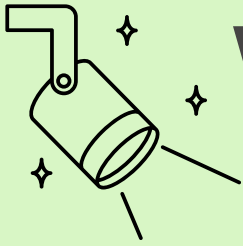
## *Ways to help your client with Parent-Child Relational Problems:*

- Include family in sessions to promote a healthy relationship
- Improve the child's critical thinking skills
- Teach relaxation techniques
- Teach communication skills
- Teach emotional regulation

Source: Ventura Community Counseling

<https://venturacommunitycounseling.com/parent-child-relational-problem/#:~:text=The%20Parent%2DChild%20Relational%20Problem%20se,rves%20to%20describe%20the%20difficulties,lkely%20to%20occur%20duri,ng%20adolescence.>





# Website Spotlight: Meehan Mental Health Services

[www.meehanmentalhealth.com](http://www.meehanmentalhealth.com)

Visit the website linked above to find resources from play therapist, course creator, blogger, and practice owner, Ann Meehan. The resources she provides are for child therapists to have the tools and skills needed for them to be effective and confident in their practice. She has several free downloads available that can be used within the recreation therapy scope of practice, as well as resources appropriate for Community Living Supports. You will also find a blog with information to learn and ideas to boost creativity. Sign up for her email list to receive new updates! Here is a peek at what you'll find on her website:

## Play Therapy Activities & Resources



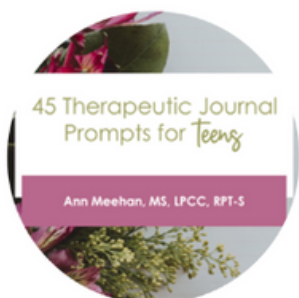
The Color Monster Worksheet Bundle



5 Therapeutic Scavenger Hunt Handout



Giraffes CAN Dance Worksheet Bundle



45 Therapeutic Journal Prompts for Teens



New Mood Jar: 50+ Regulation Activities



Co-Regulation Cheat Sheet for Parents



I WELCOME CHALLENGES AND MEET THEM WITH STRENGTH AND CAPABILITY.  
I AM EXCITED FOR THE POSSIBILITIES THAT TODAY HOLDS.  
I HAVE THE QUALITIES NECESSARY FOR SUCCESS.  
I BREATHE IN PEACE & EXHALE STRESS.

