

CBTS NEWSLETTER



December 2017

SIX GIFTS YOUR FAMILY NEEDS THIS YEAR

It's hard to believe, but Christmas is right around the corner. How are you doing? Are you starting to feel panicky? If so, and especially if the holidays often feel stressful to you, consider focusing your time and energy on just 6 things this year – 6 family Christmas gifts that will transform your life during the busiest time of the year. These gifts will reduce your stress level over the next few weeks and bring you more joy than anything you'll buy in a store.

Here are the 6 family Christmas gifts you need to give to yourself and your family this year:

- Give yourself and your husband the gift of deciding. Instead of just letting things happen, talk with your husband and decide what the holidays should look like for your family. Don't let the next few weeks fly by in a whirl of activity – much of it stuff you really don't want to do! Instead, make a plan and be intentional about creating the kind of holiday season you really want.
- Give your children the gift of a mother who can relax and enjoy the season. Your children don't care if everything is perfect; they want the time and attention of a mother who is relaxed and happy. So let go of some things and enjoy your children's Christmas. You don't have to do everything. And you don't have to buy perfect gifts, find perfect clothing, create perfect decorations – or anything else that involves the word “perfect!” Your kids don't care about those things (OK, maybe they want the perfect gift!), and if you really think about it, you probably don't either.
- Give your husband the gift of your time and presence. Christmas preparations will grab all of your time and energy if you let them, and your husband may feel like he's been pushed to the side. So make plans a couple of times a week to do something fun or just enjoy spending time together. For example, do some Christmas errands together and turn them into a date, like doing some shopping for the kids and then going out for coffee or dessert. Or do something fun or relaxing that has nothing to do with the season (sometime you just need a break from it!).
- Give yourself the gift of “enough.” At some point in the season (long before December 24!) decide that you have *done enough, bought enough, planned enough, and prepared enough*. Yes, some things will still need to be done, but at some point you need to start “gearing down” on preparations and “gearing up” on enjoyment. Because, as we all know (but somehow struggle to remember), everything doesn't have to be perfect. As a matter of fact, everyone in the family will enjoy the season more if things *aren't* perfect.
- Give your family the gift of outdoor activity. Everyone needs exercise, so why not make it fun? Go outside almost every day as a family and walk, bike, hike, skate, sled, play soccer – whatever makes sense in your part of the country. The kids will burn off energy, you'll burn calories and reduce stress, and everyone will feel more relaxed.
- Give yourself the gift of relaxation. Don't work yourself into a state of exhaustion every day, then collapse into bed every night! Take time at least every other day to do something that really relaxes you. Take a long bath, read a book, take a walk, drink a glass of wine, watch a Christmas movie, or have a cup of coffee with a friend. And be sure to do at least one simple thing to take care of your health every day



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We held a Thanksgiving activity for CBTS youth on November 22. There was great food, games, treats and craft activities. The youth who attended the activity were well behaved and seemed to enjoy the activity. We are planning on doing similar activities throughout the coming year and hope more of the youth will be able to attend.

A big thank you to Cate for providing us with a delicious taco bar lunch and incredible brownies! Also a thank you to Marta and her group for gathering craft supplies for the event.

F.Y.I.

Ten years ago in 2007 CBTS was fortunate enough to have Liz Mavor join our family. Over those years she has been a great asset to the program and has given her all for the youth and families we serve. Recently Liz has been pursuing her teaching degree and has been given a student teaching position working in the special education field beginning in January 2018.

Beginning in January she will be working for CBTS on a part time basis and plans on continuing to work with her current clients. If there are immediate needs or courts/meetings that need to take place before 2:30 p.m. Lori will be available for assistance. We are currently in the process of licensing some new homes and may be bringing on an additional part time tracker at the first of the year to cover those homes.

A Fun Christmas Tradition

Each kid gets their own wrapping paper - none of the gifts are marked, and in order to know which gifts are theirs, they have to find a tiny piece of their wrapping paper in the bottom of their stocking. it's a little last minute excitement, as they see the gifts, but don't know which belongs to who.



It's a Christmas Eve box (they get to open it on Christmas Eve) They get new pjs (to wear that night), a Christmas movie, hot chocolate, snacks for the movie, ect! This would be an awesome new tradition!!



Countdown to Christmas 24 Frugal Family Activities



- Sip hot cocoa & read *The Polar Express*
- Make popcorn & cranberry garland & hang it outside to feed the birds
- Take a winter nature walk
- Bake & decorate sugar cookies for the neighbors
- Build a snowman
- Learn about Saint Nicholas
- Decorate your family Christmas tree
- Make Christmas cards for family and friends
- Go Christmas caroling around your neighborhood
- Watch your favorite Christmas movie
- Have a snowball fight
- Picnic under the Christmas tree
- Work on a puzzle together while listening to *A Christmas Carol*
- Go ice skating
- Decorate a gingerbread house
- Play a board game while listening to Christmas music
- Pop some popcorn and drive around looking at Christmas lights
- Go sledding
- Wrap Christmas presents
- Make a donation to your local food bank
- Write a letter to Santa
- Make cinnamon rolls for Christmas morning
- Bake cookies for Santa
- Read the Christmas story



Wrap up all of your Christmas movies. Then take turns unwrapping one every night and that is your family movie for the evening. Fun!



{countdown to christmas}



25 family traditions



1 Decorate the house for Christmas	2 Make ornaments to hang on the tree	3 Write letter to Santa	4 Donate to local food kitchen	5 Watch Christmas Movie as a family
6 Make handmade Christmas cards	7 Take pictures with Christmas photo props	8 Play Christmas Bingo	9 Read a Christmas book	10 Have a DIY snowball fight (inside)
11 Cut out paper snowflakes	12 Sing Christmas carols at nursing home	13 Make hot cocoa bar	14 String popcorn for the tree	15 Drive around and look at Christmas lights
16 Play Christmas Minute to Win It Games	17 Make Christmas Candy	18 Make a homemade snow globe	19 Make reindeer food	20 Wear fun Christmas socks
21 Donate old toys to the less fortunate	22 Build ginger bread houses	23 Bake holiday cookies	24 Read the Nativity Story	25 Take family pictures in front of tree



EARN EXTRA MONEY - - PAY OFF THOSE HOLIDAY PURCHASES!!

We **NEED** more proctor parents (individuals, couples and families) throughout various parts of the Salt Lake Valley, Davis County and Tooele. We are offering the following referral incentive:

If you refer someone, and they come in for the initial interview, you will receive **\$25.00**.

If they complete the initial licensing process, and are approved, you will receive an additional **\$25.00**.

After they have remained with CBTS for three months (while taking placements), you will receive a **\$300.00** bonus check. That's an extra **\$350.00** per referral!



Please have them contact Lori to get the process started!!

FREE DECEMBER EVENTS

December 1	Christkindlmarkt	This Is The Place	2001 Sunnyside Ave.	11:00 a.m. – 8:00 p.m.	Inspired by traditional German Christmas markets
December 1	Light the Night	So. Jordan City Plaza	1600 Towne Center Dr.	6:30 – 8:00 p.m.	Tree lighting ceremony, crafts, Santa
December 2	Holiday Concert	Ruth Vine Tyler Library	8041 So. Wood St.	4:00 p.m.	Concert by the choirs of the SLC School for the Performing Arts
December 4	Christmas Movie Classics	“The Polar Express”	Viridian	1825 W. 8030 So.	7:00 p.m.
December 4	World Stage Winter Concert	Utah Cultural Celebration Center	1355 W. 3100 So.	7:30 p.m.	Beehive Statesmen Barbershop Choir
December 7	U of U Jazz Ensemble	Gallivan Center	239 So. Main	7:30 p.m.	Playing holiday favorites
December 9	Aspen Winds	Viridian Center	1825 W. 8030 So.	7:00 p.m.	Woodwind quartet playing holiday music
December 9	16 th Annual Duvali Celebration	SLC Library	210 E. 400 So.	2:00 p.m.	India Festival of Lights, music and dance performances



MORE FREE DECEMBER EVENTS

- December 11 World Stage Winter Concert Utah Cultural Celebration Center 1355 W. 3100 So.
7:30 p.m. Sing-a-long with the West Valley Symphony of Utah
- December 12 Jazz Ensemble Fall Concert 1250 E. 1700 So. 7:30 p.m.
Blues, jazz, R&B
- December 13 Stories & S'mores Fairbourne Station 2810 W. 3590 So. 6:00 p.m.
- December 16 Lark & Spur Christmas Concert Viridian Center 1825 W. 8030 So.
7:00 – 9:00 p.m. Acoustic sound
- December 18 World Stage Winter Concert Utah Cultural Celebration Center 1355 W. 3100 So.
7:30 p.m. Bonnie Harris & the Valley Jazz
- December 18 Santa is Coming to Town 8000 So. Redwood Road 6:00 – 9:00 p.m.
Hot cocoa & donuts
- December 18 Christmas Movie Classics “Muppets Christmas Carol” Viridian 1825 W. 8030 So.
7:00 p.m.





Merry Christmas

