



CBTS NEWSLETTER

November 2017

FOCUSING ON GRATITUDE

1. Who was nice to you today?

"Three things in human life are important. The first is to be kind. The second is to be kind. And the third is to be kind." ~Henry James

2. What did you enjoy doing today?

"Enjoy what you have rather than desiring what you don't have. Just dreaming about nice things is meaningless—like chasing the wind. "

3. Who helped you today?

"Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble."

4. Who did you help?

"There is nothing more beautiful than someone who goes out of their way to make life beautiful for others."

5. What is the best thing that happened today?

"Always believe something wonderful is about to happen."

6. What simple thing made today a good day?

"Every day may not be good, but there is good in every day."

7. What did you learn today?

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."
~Dr. Seuss

8. Who made you smile today? What did they do?

"Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing." ~Mother Teresa

9. What did you learn from a bad experience?

"People grow through experience if they meet life honestly and courageously. That is how character is built."
~Eleanor Roosevelt.

(Focusing on Gratitude cont.)

10. Who made you feel important today?

7 Effective Ways to Make Others Feel Important

1. Use their name
2. Express sincere gratitude.
3. Do more listening than talking.
4. Talk more about them than about you.
5. Be authentically interested.
6. Be sincere in your praise.
7. Show you care.



12. Who or what made you happy today?

"You will be exactly as happy as you decide to be."

13. Who forgave you? Who did you forgive?

"Forgiveness is a process. A choice you have to make over and over, every day, until you are free of hurt."

14. What did you do today you couldn't do yesterday?

"Try, try, and try again. Never stop trying."

15. Who thanked you today? How did it make you feel?

"Feeling gratitude, and not expressing it, is like wrapping a present and not giving it." ~William Arthur Ward

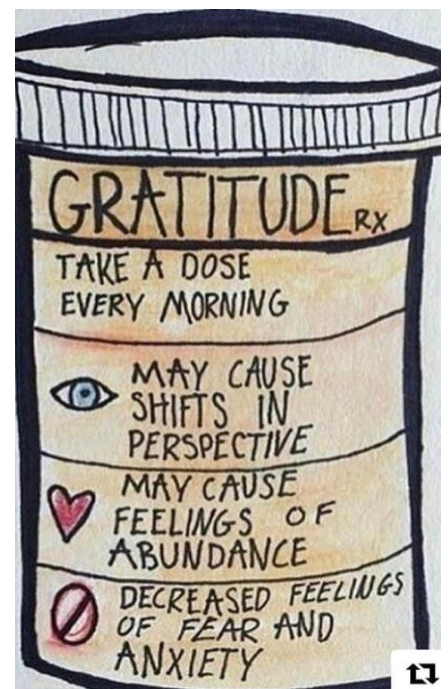
16. Who loves you? Who do you love?

"Today I am grateful for all the people who are loving and kind to me."

17. What are you most thankful for today?

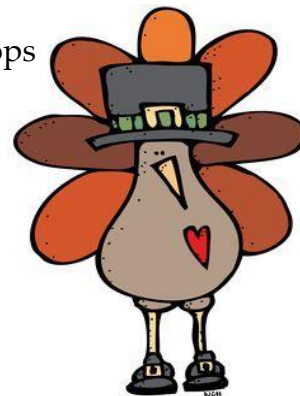
"There is always something to be thankful for."

start each
day with
a grateful
heart



FREE NOVEMBER EVENTS

- November 1 Grief & the Holidays Olympus Jr. High 2217 E. Murray Holladay Rd.
7:00 – 8:30 p.m. An opportunity to come together & cope with the loss of
family/friends during the holiday season
- November 3 Galaxy Bottles WVC Library 2880 W. 3650 So. 3:00 – 5:00 p.m.
Create your own galaxy in a bottle
- November 4 International Games Week Hunter Library 4740 W. 4100 So.
10:00 a.m. – 5:45 p.m. Games for all ages and skill levels
- November 7 NAMI Connections Hunter Library 4740 W. 4100 So. 7:00-8:45 p.m
For ages 12 & up Support group for teens with mental illness issues
- November 7 Vintage Dance Class Viridian Center 1825 W. 8030 So. 8:00-9:30 p.m
For ages 14 and up
- November 11 Tango West Concert Viridian Center 1825 W. 8030 So. 7:00-9:00 p.m
Tango music and dance from Argentina
- November 11 “Serve Those Who Serve” 8000 So. Redwood Rd. 9:00 a.m. – 12:00
Held make paracord bracelets and thank you cards for the troops





MORE FREE NOVEMBER EVENTS

- November 18 International Games Day Viridian Center 1825 W. 8030 So. 10:00 a.m.
Gaming library for all ages and gaming levels
- November 27 Christmas Movie Classics “Frosty” “Mickey’s Christmas Carol” “The Grinch”
Viridian Center 1825 W. 8030 So. 7:00 p.m.
- November 21 Medieval Knights Viridian Center 1825 W. 8030 So. 7:00 – 9:00 p.m.
Learn all about medieval weapons, armor and dueling and crafts
- November 29, 30 Christkindlmarkt This Is The Place Heritage Park 2601 E. Sunnyside Ave.
11:00 a.m. – 8:00 p.m. German inspired holiday festival



On Wednesday, November 22 we will be having an activity for CBTS youth. It will be at the office from 1:30 – 4:00 p.m. This will involve games, crafts and, of course, food. We would like to start doing these types of activities on a more frequent basis if they are enjoyable, well attended and non~problematic! Please encourage the youth in your home to attend this activity.



If you think the youth in your home are in need of additional help with Christmas now is the time to talk to their case manager. They may be able to add them to the Sub for Santa list or seek out other options for assistance.

You will be receiving the usual \$65.00 from DCFS to use towards purchasing gifts on December 15.



CBTS

234 East 3900 South #1

SLC UT 84107

(801) 268-4044

Fax (801) 263-0926

www.cbtsutah.com

Lori Nadeau

Owner

Mobile: 801-634-5379

cbts@xmission.com

Liz Mavor

Proctor Program Supervisor

Mobile: 801-558-5668

emavor@xmission.com

Brittani Neto, LCSW

Clinical Supervisor

801-268-4044



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

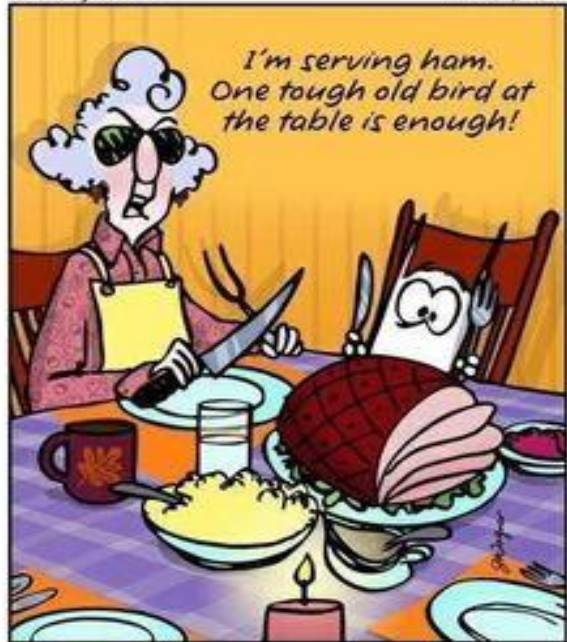
We NEED more proctor parents (individuals, couples and families) throughout various parts of the Salt Lake Valley, Davis County and Tooele. We are offering the following referral incentive:

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!!



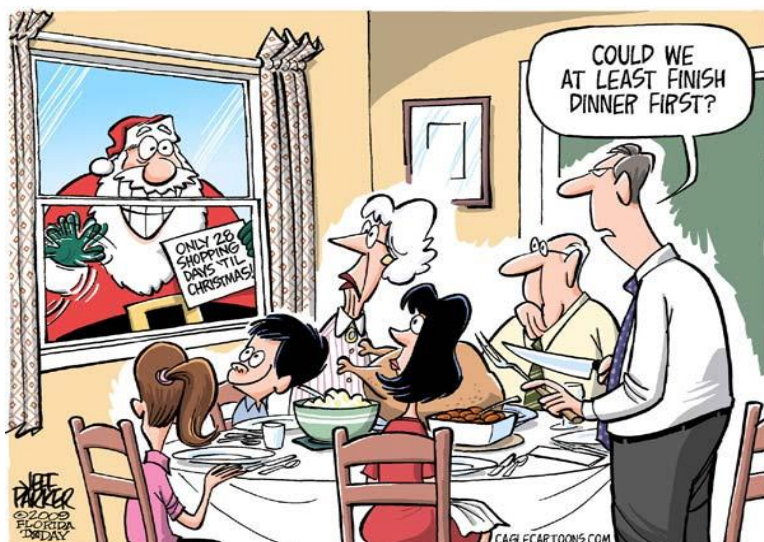
©Hallmark Licensing, Inc.

Mazine.com

Happy Thanksgiving



"Honestly Madam, do you expect this court to believe that *all* of your husbands mysteriously disappeared at this same time in November?"



JEFF PARKER
©2009
FLORIDA
DAILY

CABLECARTOONS.COM

