



# CBTS NEWSLETTER

January 2018

## New Year's Resolution Ideas

(that could *actually* change your life)

Pick one and make next year your best year yet. Some of these new year's resolutions are really *hard* things to do. But **do** the hard things! They are the things that need doing the most.

### Get Healthier

- drink more water
- eat less sugar
- start exercising
- quit smoking
- take your vitamins
- cook your own meals / less processed food
- get more sleep
- eat more veggies
- lose weight



### Make Your House a Home

- finally conquer the clutter
- organize your closet / paperwork / trouble spot
- start meal planning
- make use of a cleaning schedule
- teach the kids to help around the house
- get a decent bed time routine going (for kids or for you!)
- get the fridge / pantry / bathroom cabinet under control

My New Year's resolution is to stop lying to myself about making lifestyle changes.

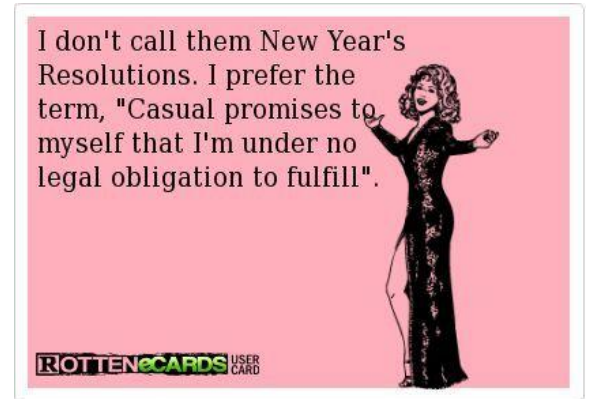


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## New Year's Resolution Ideas (cont.)

### Get Your Finances in Order

- deal with your debt
- leave the job you hate
- start a savings account & save regularly
- start investing
- get life insurance
- increase your income
- break your shopping habit
- learn to budget
- save enough to take a holiday / buy a car
- learn to use credit cards properly



### Live On Purpose

- make time for friends
- improve your marriage
- make family time a priority
- start a hobby that you enjoy
- break your worst habit
- volunteer your time
- learn a totally new skill
- give up busy
- make a new friend
- get out of bad relationships
- become a better person
- learn to prioritize
- learn to be content



## THANK YOU!!

In December we were blessed to have some of Lori's amazing extended family volunteer to help with providing Christmas gifts for the youth in the program. We are so extremely appreciative of their willingness to help make the holidays brighter and for their desire to help ease some of the burdens on our proctor parents.



## F.Y.I.

Beginning in January Liz will be working on a part time basis in the afternoons. That means she will not be in the office on a regular basis and Lori will be taking on responsibilities needed during the mornings/early afternoons. We suggest if you need to come to the office (such as to pick up paychecks) that you call ahead to make certain someone will be there. We don't want to waste your time showing up and having no one in the office to assist you.



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## THE EIGHT FRIENDS YOU NEED IN YOUR LIFE

### The Cheerleader

The cheerleader is the person in your life who thinks you are amazing. They cheer you on and believe in everything you do. They keep you focused on how to push through, and are always on your side. When you are moping around they nudge you back to your happy place with kind, loving, inspiring words.



### The Pusher

The pusher is someone who leads you to be a better person. A pusher is someone who pushes you to be the best you can be. They are a cheerleader but not so warm and fuzzy. They make you question life, your choices, your direction. They push you to see the potential you have and expect you to live up to the high standards that you set for yourself. The pusher holds you accountable and doesn't sit quietly when you goof up.

### The Loyal Confidant.

This is the person who loves you and will always be there to hear what's on your mind; the good, bad and ugly. Having someone in your life that you know you can go talk with and won't judge or share your conversation is a must. The loyal confidant not only listens but knows that any slip-ups you have don't define you. You can call them in the middle of the night and they will listen.

### The Energizer

Energizers are those people who have an infectious zest for life. Not only are they optimistic but they encourage you to dream big. Energizers leave you laughing, inspired and filled with amazing positive energy. The energizer in your life will scoop you up and make you laugh when times are rough, reminding you stay motivated when you want to give up.

### The Mentor

A mentor is someone who has already done what you are trying to do and is successful. They can guide you down the path letting you know what has worked and failed for them, helping you avoid any mistakes that might slow you down. This person is a reminder that you too can do amazing things. A mentor might be a teacher, parent, or older acquaintance.

### The Sidekick

Your sidekick is there when you are ready for any adventure. It is easy to get stuck in your routine and your sidekick is there to nudge you into trying new things, pushing through your fears and boundaries and is a great accountability partner. Having someone in your life who has an adventurous spirit is amazing because it challenges you to get out of your comfort zone knowing the whole time they are right there with you to cheer you on.

*(The Eight Friends You Need In Your Life cont.)*



### **The Best Friend**

You might have one, or maybe a few but, when you find this person you definitely have to hold them tight. Your best friend is the one person that knows everything about you and loves every bit of you anyway! They have been there for the good, bad, ugly, and awkward. Best friends are brutally honest yet not judgmental. They challenge you to be a better person and are your cheerleader on any endeavor. Best friends embody many of these other characteristics, they are the pusher, loyal confidant, energizer.....they're special.

### **The Funny (Crazy) Friend.**

The funny friend never ceases to make you laugh. When you're feeling down they always manage to say one thing that is goofy just to make you smile. Did you just trip in front of a crowd of people? They will be the one doing a reenactment later. Funny friends remind you not to take yourself seriously, they make tense situations more comfortable with a single face gesture. These people truly can change your outlook on your day with just a single call or text.

### **EARN EXTRA MONEY**

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 JANUARY EVENTS

January 5	A Night at Hogwarts For ages 11 - 17	Magna Library	2675 So. 8950 W.	7:00 - 10:00 p.m.
January 6	Family Movie Night	Ritz Theater	111 No. Main Street Tooele	6:00 p.m.
January 13	Salt Lake City New Orleans Street Jazz concert 8030 So. 1825 W.	Viridian Center		7:00 p.m.
January 19	Teen Yule Ball Dancing, prizes, can wear formal wear or wizard robes if desired	Veridian Center	8030 So. 1825 W.	7:00 - 10:00 p.m.
January 22	Winter Sparkles Make a winter themed coaster	West Valley City Library	2880 W. 3650 So.	7:00-8:00 p.m.
January 27	Get Curious Explore science and art through activities and arts & crafts	Veridian Center	8030 So. 1825 W.	10:00 a.m. - 12:00

Kids Café - - Every Monday - Friday at Hunter Library (4740 W. 4100 So.) from 3:30 - 4:30 p.m. youth may receive a free meal

Kids Café - - Every Monday - Wednesday at Tooele Library (128 W. Vine Street) from 3:30 - 4:30 p.m. youth may receive a free meal



