January 2025 Newsletter

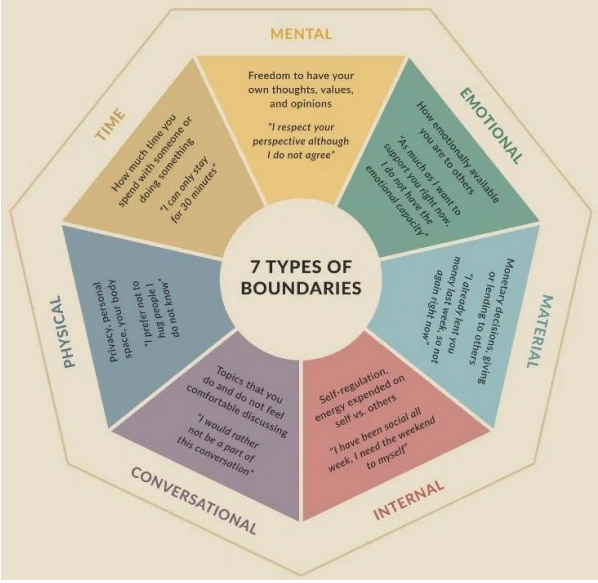
Issue 4

Sara Athman, MS, BCBA
Specialist Services Provider
Person-Centered Planning Facilitator
sara@brainerdbehaviorsupport.com
www.brainerdbehaviorsupport.com
Call/Text: 320-316-3284

Meet the New Team Members

Angelica is our new part-time administrative assistant, joining us from New Jersey. She'll be helping with onboarding new clients, organizing files, preparing invoices, and other administrative tasks. Angelica may reach out to you directly, and you're always welcome to email her regarding scheduling or paperwork at info@brainerdbehaviorsupport.com . Angelica is currently working from Italy where she and her husband are celebrating their son's first Christmas with family. She has two dogs and enjoys reading and traveling. We're thrilled to have her on the team!

Amanda is our graphic recorder who joins our person-centered meetings to create visual notes for clients. Her unique skill set brings meetings to life and adds valuable insight. Last month, we worked together on a plan for someone pursuing a dream trip and moving to a new home. Amanda also assists with creating this newsletter each month! She has lived in the Brainerd Lakes Area most of her life, where she raised two kids. She enjoys the outdoors, reading, and traveling. Professionally, Amanda has worked primarily with adolescents and young adults in educational and nonprofit settings and has a strong background in diversity, equity, and inclusion (DEI). We're excited to have Amanda's creativity and expertise enhancing our services!



Healthy Boundaries

According to Jo Nash, Ph. D,. in her article *How to Set Healthy Boundaries & Build Healthy Relationships*, boundaries are personal limits that set the rules and expectations in relationships. Clear understanding and communication of our wants and needs is essential, but it can be uncomfortable to establish boundaries. Examples of healthy boundaries include declining an event you don't want to attend, addressing problems directly with the person involved, and expressing your feelings and expectations clearly. **Read More**

Local Disability Support Groups

Brainerd Lakes Area Autism Support Group

Under new management!

BLA Special Education Parent Advocates

Brand new! I am 1 of 3 moderators.

Feeling Ill?

We had a few bugs go through our house in December, and I know we're not alone in that! If you or anyone in your household is feeling under the weather, I'd prefer to play it safe. Please contact me before your appointment to make other arrangements. We can reschedule, meet virtually, or check in by phone, and I can provide some things for you to work on in the meantime.

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Wait List

I will be scheduling from January through May so be on the lookout for emails from my scheduling software Time Tap.

Happy New Year!

It has been nice to spend some extra time home with the kids and our new puppy Poppy who joined us in November. She's a sweetheart but also keeps us on our toes! Unfortunately, I had a mishap driving on an icy day and slid into a tree. Thankfully everyone is okay...but the car is totaled. I'll be rolling up in a new vehicle next time you see me. If icy days persist, don't be surprised if I switch to a virtual session. I hope you are all well and I look forward to seeing you soon! -Sara

Brainerd Lakes Area Behavior Support, LLC