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What types of supports are in short supply in our community?

Day Programs

Employment Supports

Dental

PCA or Respite

After School Care

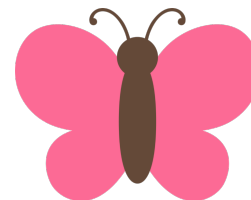
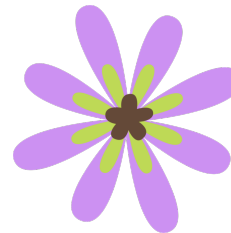
School Behavior Support

In-Home Behavior Support

Social Groups

Community Activities

Group Homes



Flexible thinking



Are you a Gray Thinker?

It's easy to fall into black-and-white thinking—believing things are either all good or all bad, success or failure, right or wrong. But life is rarely that simple. Gray thinking allows us to see the in-between spaces, hold multiple truths at once, and approach situations with more flexibility, understanding, and compassion.

Being a gray thinker means recognizing that two people can both be "right" in different ways. It means understanding that progress doesn't have to be perfect, and that mistakes can live alongside growth. This kind of thinking supports problem-solving, emotional regulation, and better relationships—both with others and with ourselves.

Next time you're stuck in all-or-nothing thoughts, try pausing and asking: Is there another way to look at this? or Can both of these things be true at once? Practicing gray thinking can help us

respond to challenges with greater balance, understanding, and kindness. Next time you're facing a challenge, pause, take a step back, and ask yourself:

1. How else can I solve this problem?
2. What is the other person's point of view?
3. What else could be going on?
4. Could there be more than one 'right' or acceptable answer?
5. Am I assuming the worst without enough information?

Recent Webinars

I've attended several webinars lately centered around Trauma-Informed Practice, Behavioral Neuroscience, and Persistent Demand Avoidance. I'm committed to staying current in the field and will continue to recommend evidence-based, positive, and supportive strategies.

Have you Signed Up?

Newsletters will only be mailed out to subscribers!

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Previous Newsletters

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SUMMER SCHEDULING!

I'll be scheduling for summer soon, so please start thinking about how often you'd like to meet and send me a few different time options that work for you. Below are the summer time blocks I'm booking. While I do my best to accommodate everyone, I appreciate your flexibility as I travel between homes and balance work with my personal life.

1. JUNE 8 - 26
2. JULY 7 - AUG 3
3. AUG 16 - 26

Upcoming Time Off

Sara

- June 1 - 7
- June 27 - July 6
- Aug 4 - 15

Angelica

- April 5 - 13
- May 5 - 18
- June 11 - 16

Wait List



Click the link below and fill out the form towards the bottom of the page to be added to the waitlist! There are currently 9 people on the waitlist.

Wait List

Want to get on the schedule sooner? I may have more availability if we schedule a [phone or zoom](#) meeting, or if we schedule in the [mornings](#). Scheduling even once in the morning would get the process started. I have limited options after 2:30pm and the options I do have are currently full.

If you live outside of Brainerd, I might be able to see you sooner if you [drive to me](#). Get in contact with Angelica or I and we can discuss options!

Thanks to my assistant Angelica, I've been able to take on more clients and move through the waitlist more quickly. I also spend more time on client specific work and less time on scheduling and billing. I appreciate her! If you need to reach her to reschedule or for a paperwork question, her email is info@brainerdbehaviorsupport.com

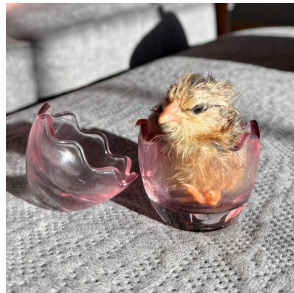
Websites to Check Out

<https://kibuhq.com/>

<https://www.understood.org/>

<https://www.activeminds.org/>

<https://www.childrenandnature.org/>



Happy Spring!

Spring is my favorite season. The days grow longer, the sun shines brighter, bird calls fill the air, and blades of grass peek through the melting snow. It's a time to make plans, follow through on goals and dreams, and spend more time in nature. Spring feels like a fresh start—full of energy, possibility, and a renewed sense of direction. -Sara

Brainerd Lakes Area Behavior Support, LLC



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