

December 16<sup>th</sup>, 2010

Hello!

I hope that you found the November KY PLANS materials to be of great help to you as you survive this holiday season and work to keep stress levels at a minimum! Have you started making self-care a priority for you and your family? Were you able to add any additional ideas of self-care activities to the list of suggestions we provided you with? Good for you!!

December's focus is "Chill and Reflect on the Successes in 2010". The goal for this month is to evaluate the effectiveness of the monthly Game Plan strategy and progress toward stated goals, in a brief online survey. Additionally I have provided you with a list of gift ideas for parents and teachers, holiday arts and crafts ideas, and a sheet of picture symbols focusing on special holidays that could be cut out and put on your calendar.

We want your feedback! Please visit the link provided below to briefly fill out a survey focusing on the monthly materials. Thank you for taking time out of your busy day to complete this survey. Your feedback informs the KATC's planning efforts!

<http://www.surveymonkey.com/s/DecemberKYPLANS>

Respectfully,

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Jennifer Bobo, LCSW