

APRIL





NEW OFFICE HOURS

Monday, Tuesday:

9:00–12:40 pm, 3:00–5:40 pm

Wednesday:

9:00–12:40 pm, 3:00–6:40 pm

Friday by appointment:

9:00–12:40 pm, 3:00–5:40 pm



Dr. Reed is here Monday, Tuesday, Wednesday & by appointment
Friday

Dr. Joe Lacanlale is here Monday, Tuesday A.M., Wednesday & by
appointment Friday A.M.



Sorry! we are
CLOSED
Friday April 11
&
Friday April 25



don't let
YESTERDAY
take up
too much
of TODAY

pippi post

COPING SKILLS ALPHABET

A



ASK FOR HELP

B



BREATHE

C

1-10

COUNT TO 10

D



DOODLE

E



EAT HEALTHY
FOOD

F



FIDGET TOYS

G



GRATITUDE

H



HUG SOMEONE
OR A PILLOW

I



IDENTIFY
EMOTIONS

J



JOURNAL

K



BE KIND TO
YOURSELF

L



LISTEN
TO MUSIC

M



MEDITATE

N



NATURE WALK

O



OPEN UP TO
OTHERS

P



PLAY A
GAME

Q



QUIET TIME

R



READ

S



STRETCH

T



TAKE A
BREAK

U



USE
AFFIRMATIONS

V



VISUALIZE A
HAPPY PLACE

W



WATCH FUNNY
VIDEOS

X



EXERCISE

Y



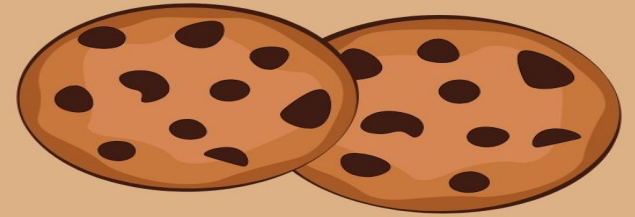
YOGA

Z



SLEEP

NO BAKE COOKIE DOUGH BAR



Ingredients:

- **3/4 cup roasted cashew butter**
- **1/4 cup pure maple syrup, or sub honey**
- **1 tablespoon coconut sugar, optional**
- **1/2 teaspoon vanilla extract**
- **1 cup almond flour, see notes for subs**
- **1/8 teaspoon fine sea salt, if using unsalted nut butter**
- **1/4 cup mini dairy free chocolate chips**



**FULL RECIPE
ON OUR
WEBSITE**



LET GO



LIFE IS GOOD

**OF WHAT YOU
CAN'T CONTROL**

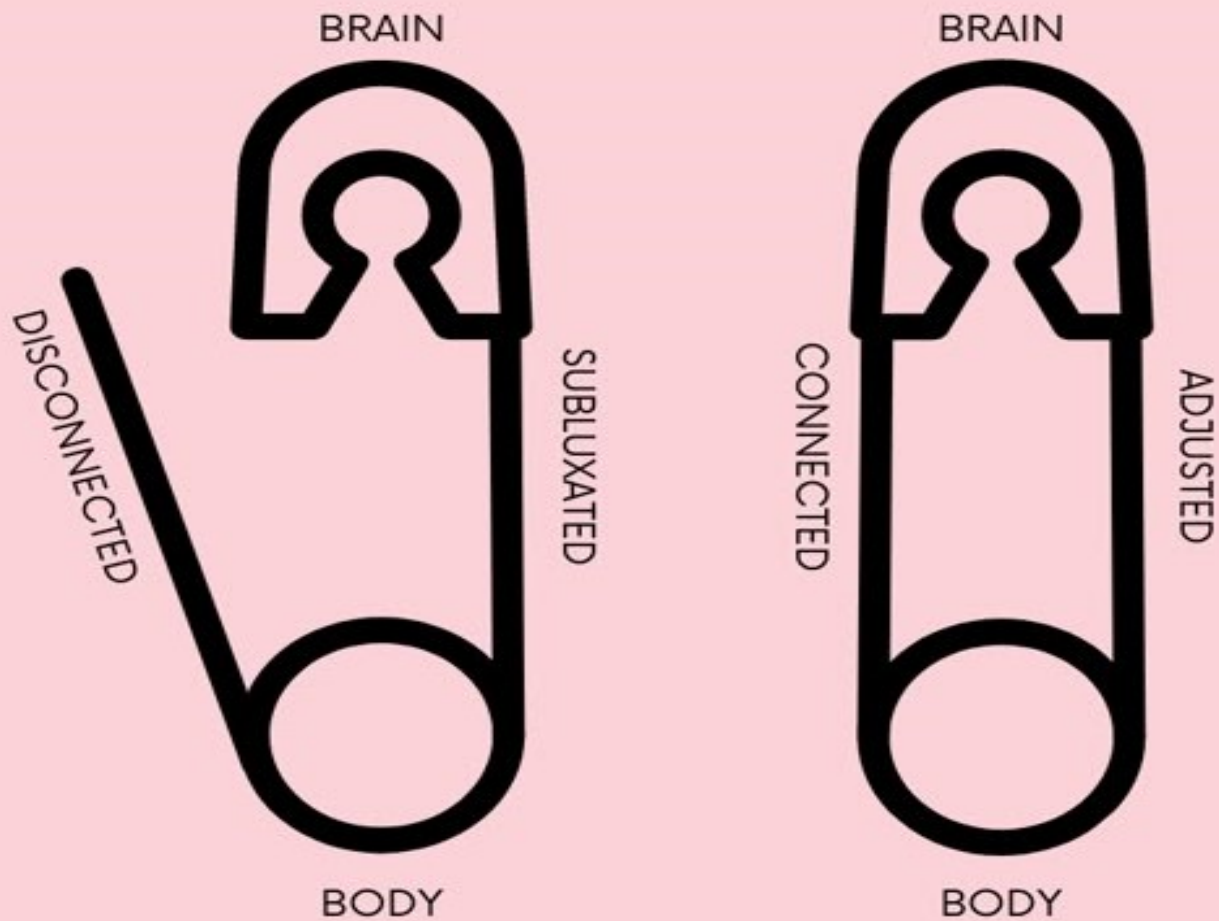
Hello April

- A always keep moving forward,
- Pushing your limits, and
- R remember, each obstacle
- I s a chance to grow, to
- L earn from the past and thrive



your nerves carry messages between your

BRAIN AND BODY



April

SEASONAL PRODUCE GUIDE

VEGETABLES

ARUGULA
ARTICHOKES
ASPARAGUS
BEETS
CARROTS
CELERY
ENDIVE
FAVA BEANS
FENNEL
KALE
LEEKS
LETTUCE
NEW POTATOES
PARSNIPS
RADICCHIO
RADISHES
RHUBARB
SPINACH
SPRING ONIONS
SUNCHOKES
TURNIPS

FRUITS

APPLE
CHERRIES
GRAPEFRUIT
KIWI
KUMQUATS
LIMES
MANGOS
ORANGES
PAPAYAS
PINEAPPLE
STRAWBERRIES



give
YOURSELF
TIME
TO
Bloom



little
SISTERS
studio

DON'T LOOK BACK
YOU'RE NO LONGER
GOING THAT WAY





**TAKING CARE
OF YOURSELF
IS PRODUCTIVE**

KATIE ILLUSTRATED



ROOT FOR YOURSELF