

THE HEALTHY PATRIOT

GWA Counseling Newsletter



We want to thank all who joined us at our last Parent Night in October. **Brynn Bell LCSW, BCBA** shared **important and practical information on how to establish structure and rules in our homes.**

Click here to watch the [recording](#) and the click here for the [slides](#).

Parent Nights will resume in January. More information to come.

*To watch past GWA Parent Night videos and slides click on this link to our [Counseling Center website](#).

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VALUE OF THE MONTH

Gratitude

This month's focus is **Gratitude**. One way to think about **Gratitude** is "choosing to appreciate the people and things in our lives." **Gratitude** is a practice that can increase our well-being and happiness.

Click on this [link](#) for some fun ways to review the value of **Gratitude** at home.

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Appreciation
can make a
day - even
change a life.

-Margaret
Cousins

GIFT CARD DRIVE FOR FAMILIES IN NEED

The generosity of your donations helped many GWA families in need last year. We are hoping to help even more families this year! We are asking for **GIFT CARDS for clothing, groceries, and toys**.

Please drop off your donated gift cards at the front office and let them know it is for the counseling department. Thank you so much for your generosity!



HOLIDAY Help

Please click on the following links to access more information about these programs:

[KONY Coins for Kids](#)

[Toys for Tots](#)

[Salvation Army](#)

LEADER IN ME - NOVEMBER 2022

Leadership Happens Here!

Habit 3 - Put First Things First

Work first, THEN play.

- . I do the things that I **HAVE** to do before I get to do the things that I **WANT** to do.
- . I stay focused on what I'm doing and try to minimize distractions if I get off task.
- . I spend my time on the things that are the most important.



Table Topics:

- 1. What do you love and what are you doing about it?***
- 2. What do you wish you spent more time doing last week or month that would have helped you put first things first?***
- 3. What activities make you lose track of time, how do you put your big rocks first?***