

Individual Matters

Psychological and
Diagnostic Services

Newsletter – May 2023 Issue

Introducing Our Newsletter

Greetings,

We're super excited to share this first issue of the Individual Matters newsletter!

Every month from now, you can look forward to fresh stories, ideas, opportunities, and events that relate to:

Learning and Education
Child Development
Successful Living

Our goal is to build a platform of expertise and resources by and for parents, physicians, educators, and clinicians.

The focus of this issue is tips and strategies for kicking off summer.

From the Podcast/Blog:

Five Fun Ways to Wrap Up the School Year and Kick Off Summer

School is out for summer! For some students this is a sentimental time, and for others the last day could not have arrived soon enough! Here are five fun activities that can help you and your students wrap up the school year and kick off summer.

1. Write a letter to your future self. Encourage your student to write a letter to their future self and seal it until the night before the first day of school next year. It could include some encouraging words, favorite quotes, a lesson learned, a poem, a drawing...you could create a summer fun list and see how many fun to-do's you accomplished.

2. Create a deck of conversation cards with questions like: what was the most memorable moment this year? Who influenced you the most? What is one thing you would do differently? What was your proudest moment? A deck of conversation cards can stimulate discussion and connection. You could also complete the cards alone by journaling your answers.

3. Memory Collage of the year's best, funniest, and most inspiring personal moments. This is a great way to wrap up the year and create a keepsake to look in the years to come.

4. Create a Summer Vision Board. This is like the memory collage – but in reverse.

5. Pick a theme for your summer. Maybe you want to relax, get fit, connect with friends and family, have new experiences, be courageous, slow down, get mindful...you might even pick a theme song that captures the essence of what you want your summer to be. Maybe the family picks one to share or maybe each person has their own.

Hope you enjoy these ideas and have a wonderful and fulfilling summer!

-Dr. Katen

To listen to or watch this podcast, click [HERE](#).

News and Events

Group Therapy

Group therapy and psychoeducational skills groups for individuals with developmental and intellectual disabilities (DD/ID). Group facilitators are trained and experienced therapists who are passionate about helping every individual reach their full potential!

Topics and skill areas include:

- Relationship and Social Skills
- Adaptive Functioning
- Self-Advocacy
- Executive Functioning
- Goal Setting
- Coping Skills
- Emotional Regulation
- Self-Care and Mindfulness



If you or someone you work with is interested, please reach out:
Phone: 970-628-5589
email: office@individualmatters.org

Quote of the Month

“Summertime is always the best of what may be.”

- Charles Bowden

Next month, be on the look-out for a survey. We desire your input about the topics of greatest interest and value to you.

Have a happy and wonderful May 2023!

All the best,



Dr. Katrina Katen
Clinical Psychologist



Andrew Katen
Executive Director



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