

Individual Matters

Discover.
Act.
Grow.

Newsletter — September 2023 Issue

Back to School!

*“You are braver than you believe,
stronger than you seem,
and smarter than you think.”*

- A.A. Milne
Winnie the Pooh author

This month we share **three podcast/video episodes** with ideas for helping your student start the school year strong. Scroll down for links.

Are you wondering about your child’s learning, behavior, or development? **Ask Dr. Katen!** Submit your question using the purple button at the bottom of the newsletter — and Dr. Katen will respond next month.

Finally, we wish you all an enjoyable and meaningful 2023-2024 school year. Reread the quote above, and never forget that you are a one-of-a-kind individual with unique gifts and struggles — and that, **above all else, you matter!**

Make It a Great Year!

Eric Gil, Founder, Nerd, CEO, *Strong Branch Learning*, Grand Junction, CO.

To kick off the school year, Eric explains the value of attending back-to-school night and connecting early with school counselors. Then he lays out the rationale and process for establishing a consistent study/homework routine.

To listen, click [HERE](#)



**MAKE IT A GREAT
SCHOOL YEAR!**



Eric Gil
Founder, Nerd, CEO
Strong Branch
Learning

Students and Self-Advocacy

Dr. Katrina Katen, Psy.D., *Individual Matters*, Grand Junction, CO

How do we help students self-advocate in the classroom? Dr. Katen shares six steps.

To listen, click [HERE](#).



7 Mistakes That Students Make for Back to School

Ellen Kelley, *YouTuber*

A fun video for students! Tips for starting the new school year the right way: back-to-school shopping, to-do lists, backpack organization, highlighting, distractions, studying, and getting enough sleep.

To listen/watch, click [HERE](#).



Ask Dr. Katen: Do you have questions about your child's learning, behavior, or development?

Click [HERE](#) to submit your questions anonymously.

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

Wishing you a wonderful September!

All the best,



Dr. Katrina Katen
Clinical Psychologist



Andrew Katen
Executive Director



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