

CBC BEHAVIORAL TIMES



ANNOUNCEMENTS AND REMINDERS!

Timesheets are due Monday, December 1st by 10:00 AM.

Wishing everyone a happy, warm, and wonderful holiday season!

Please note that the CBC office will be closed on December 25th for Christmas Day. Please be sure to confirm with families beforehand for sessions – if a parent cancels at the door, the session cannot be paid.

THANK YOU SO MUCH!

SUPERVISOR SHOUTOUT! KAI

Kai deserves recognition for her outstanding leadership and dedication. She consistently demonstrates a strong ability to accept feedback with professionalism and receptivity, using it as an opportunity to grow and refine her practice. She communicates effectively with her team—clearly, collaboratively, and supportively—fostering an environment where staff feel valued, confident, and aligned in their goals. Her commitment to teamwork and continuous improvement greatly enhances the quality of services provided.

We truly appreciate you, Kai, and all that you do.
Keep up the great work!



Avoiding Burnout As An RBT/BT!

Avoiding Burnout as an BT/RBT: Caring for Yourself While Caring for Others

Working as an RBT is meaningful, impactful - and emotionally demanding. Supporting clients through behavior change requires patience, energy, and consistency. That's why preventing burnout isn't a luxury - it's a necessity.

Burnout doesn't mean you're "not good at your job." It often shows up as exhaustion, irritability, lack of motivation, or feeling disconnected from your work. The good news? There are simple, realistic ways to protect your energy while still showing up as your best self.

Quick Burnout-Prevention Tips

- Take your scheduled breaks – even short ones help reset your mind and body
- Stay hydrated and eat regularly during your workday
- Set realistic expectations (you don't have to be perfect to be effective)
- Ask for help or supervision when you need support
- Create a simple transition ritual after work (music, short walk, journaling, or a shower)
- Celebrate small client successes each week
- Give yourself permission to rest without guilt

You can't pour from an empty cup. Taking care of yourself doesn't make you less dedicated - it makes you a better therapist.

You deserve the same compassion and patience you give to your clients every day.





DECEMBER
BIRTHDAYS!

Angelica
Juan
Reina
Rebecca
Dalisha
Michella
Zakia
Jessica
Mildred
Fathima
Mayra
Katherine
Jeslie
Dennice
Lizbeth
Jesus
Isabela

WISHING EVERYONE A
WONDERFUL, HAPPY
BIRTHDAY FILLED WITH
LOVE AND LAUGHTER - AND
AN AMAZING YEAR AHEAD!



♡ HAPPY HOLIDAYS! ♡

JOKE OF THE MONTH!



FUN IDEA FOR DECEMBER!



● Gingerbread Man Activity

Give the child a gingerbread man outline and guide them through decorating it with 1-step, 2-step, or 3-step instructions (e.g., "Draw a scarf, then add two buttons"). This activity builds receptive language, sequencing, and attention while keeping things creative.

You can also add requesting ("I need the hat") or expressive language by having them describe their finished gingerbread friend.

This is a festive and fun way to practice following directions!

THANK YOU SO MUCH!



THE REINFORCEMENT LEVEL OF HOLIDAY COOKIES



IT'S OVER 9000!!!



MONTHLY TIP!

There's no "right way" to celebrate the holidays. Whether you love festive gatherings, quiet evenings, shopping, or simply resting - honor the things that genuinely bring you warmth. Let the season be shaped by what feels meaningful and peaceful to you, **not** by expectations.

Your own version of joy is the most beautiful one!

THANK YOU FOR ALL OF YOUR HARD WORK!

