

Upcoming Dates to Know



**Monday,
March 19th**
at
**Weston Lakes
Country Club**

FREE Parent Training

HELP YOUR
CHILD GET
A BETTER
NIGHT'S
SLEEP



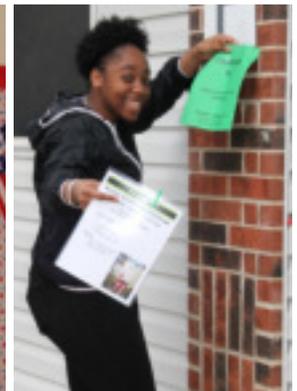
**Saturday,
February 24, 2018**

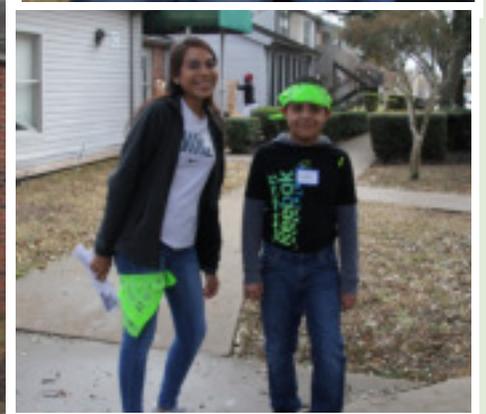
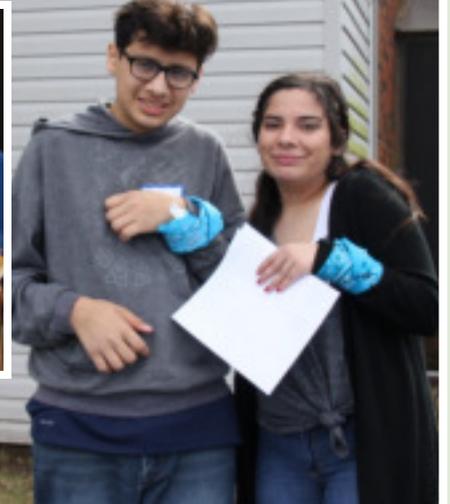
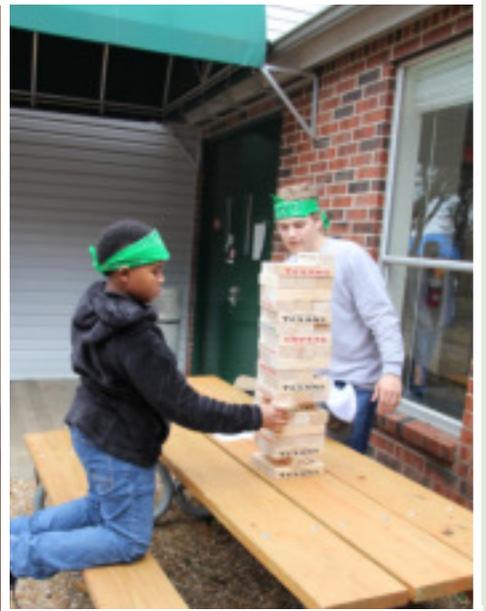
See details on last
page of newsletter

Texana's Amazing Race

Almost 40 youth participated in the Texana version of the Amazing Race recently at our Rosenberg campus. The twenty of the youth participating were volunteering through the Youth In Philanthropy (YIP) program. YIP is a program of The George Foundation to educate juniors and seniors in high school about philanthropy through volunteering at various non-profits throughout Fort Bend County. The remaining participants are part of Texana's After-School and Social Skills programs for children with Autism.

First the YIP students learned a little about what it was like to have autism and the communication barriers. Next, they set up 13 Challenges for the race. Finally, the Texana students arrived to partner with the YIP students and compete as teams in the Amazing Race! Everyone had a wonderful time and were sad to see the day end. Thank you to the YIP students for spending your Saturday with us!!







For the sixth year in a row, the Children's Center for Autism was proud to be the event beneficiary for the West End Anglers' Big Trout Tournament. The cold and rain didn't stop the 80 fisherman from heading out to fish! Proceeds from this year's event will assist us in purchasing a much needed shade structure for one of playgrounds. The hot Texas sun prevents the children from using this equipment during the heat of the summer and a shade structure would make it usable all year long. We really appreciate West End Anglers for their continued support!!

SYMPTOMS OF SEASONAL AFFECTIVE DISORDER

Seasonal affective disorder is a subtype of major depression that comes and goes based on seasons. So symptoms of major depression may be part of SAD, such as:

- Feeling depressed most of the day, nearly every day*
- Feeling hopeless or worthless*
- Having low energy*
- Losing interest in activities you once enjoyed*
- Having problems with sleeping*
- Experiencing changes in your appetite or weight*
- Feeling sluggish or agitated*
- Having difficulty concentrating*
- Having frequent thoughts of death or suicide*



Now that the holiday lights have been turned off, the absence of the warm glow and cheeriness could leave you feeling down. Winter is the highest time for a seasonal disorder to develop.

If you or a loved one are having a difficult time, Texana's Behavioral Health-care Division may be able to help.

You can find more information our these services on our website at www.texanacenter.com

Seasonal affective disorder (SAD) Mayo Clinic <http://www.mayoclinic.org/diseases-conditions/seasonal-affective-disorder/basics/symptoms/con-20021047>

SAVE the Date

MONDAY, MARCH 19, 2018



WESTON LAKES COUNTRY CLUB
12 NOON SHOTGUN START



TO SPONSOR OR PLAY,
contact Texana Community Relations at
andi.wallis@texanacenter.com or by phone
at 281-239-1427

**BENEFITING TEXANA CENTER'S
FULSHEAR CAMPUS CAPITAL CAMPAIGN**

Expanding our delivery of life changing services to adults and children with mental illness and intellectual disabilities including autism with the goal of unlocking their potential for safe, independent and productive lives within our community.

TEXANA CHILDREN'S CENTER FOR AUTISM



Speaker Series

2018 DATES & SPEAKER TOPICS

<p>Saturday, January 13</p> <p>9:00am to 11:00am</p>	<p>BEHAVIORAL SKILLS TRAINING (BST) TO TEACH APPROPRIATE BEHAVIORS AND SKILLS</p> <p>Discuss behavioral skills training and how you can use this method to teach your child appropriate behavior as well as simple to complex skills</p> <p>Presenter: Petrolina Olumba-Noble</p>
<p>Saturday, February 24</p> <p>9:00am to 11:00am</p>	<p>HELP YOUR CHILD GET A BETTER NIGHT'S SLEEP</p> <p>Discuss the prevalence of sleep problems in children with autism spectrum disorder as well as methods for identifying and understanding common sleep problems. Suggestions for addressing sleep problems will also be provided.</p> <p>Presenter: Rachel Jackson</p>
<p>Saturday, March 17</p> <p>9:00am to 11:00am</p>	<p>HELP YOUR CHILD COMMUNICATE THEIR WANTS AND NEEDS</p> <p>Discuss key components of increasing communication as well as discussing evidence-based methods to increasing children's requests for items, activities, and more.</p> <p>Presenter: Grant McNeley</p>
<p>Saturday, April 21</p> <p>9:00am to 11:00am</p>	<p>PROMOTING POSITIVE BEHAVIOR USING TOKENS</p> <p>Discuss what tokens are, why they are valuable and how to use them to promote positive behavior. This presentation will also explain how tokens can be used to increase new behaviors that are being learned, as well as how to decrease challenging behaviors.</p> <p>Presenter: Desiree Dawson</p>
<p>Saturday, May 19</p> <p>9:00am to 11:00am</p>	<p>THE ABCs OF ABA & FUNCTIONS OF BEHAVIOR</p> <p>Discuss the basic aspects of ABA and explain the possible reasons behind why a child would engage in certain problem behaviors including ways to best address those problem behaviors based on what is motivating the child.</p> <p>Presenter: Danielle Sutton</p>

To reserve YOUR spot at these FREE TRAININGS, please email your RSVP to jessica.ferguson@texanacenter.com

For more information, please contact Ellen Catoe at Ellen.Catoe@texanacenter.com or 281-239-1497.

Free Trainings

Training will be held in the HR Auditorium in Bldg G

Light Refreshments provided

Childcare will be provided to those who RSVP and request this service

Texana Center
Main Campus

4910 Airport Avenue
Bldg G
Rosenberg, TX 77471



Helping Children since 2004