

## NEWSLETTER

# LIMITLESS YOUTH INC.

*what's new with how we can support you*

## ART BY H.E.A.R.T.

In response to the second wave of Covid-19, and reflecting on how we all have to adapt to live alongside this virus, we've decided to open up a NEW branch of services...online programs!

This is online learning designed for COMPLEX KIDS, which means less barriers, more impact, and a way of learning that doesn't expect them to change how and who they are to meet expectations!

- Pre-Recorded Sessions
- Minimal Equipment
- Draw Alongs / Co-Regulation
- Parent/Guardian Support
- Weekly Resources

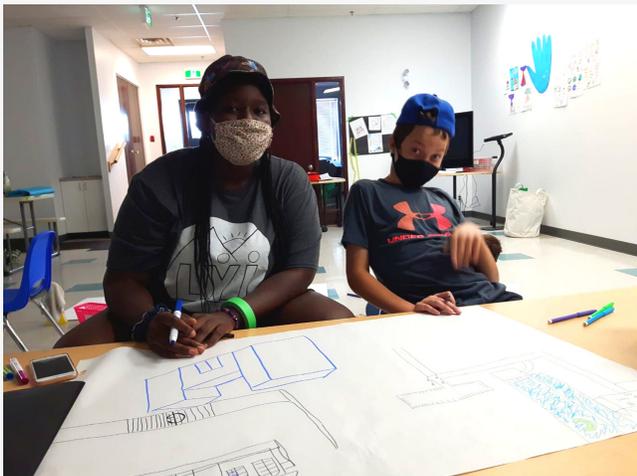
<https://limitless-online.thinkific.com/>



## WHAT ELSE?

We also include some information on how parents can support this, and reminder check ins if the participants have a difficult time with the off screen tools.

All of our pre-recorded videos include regulation strategies, like reminders to try your best, how to find the right page in the workbook, mindfulness exercises and more!



November 2020



## 2021 PROGRAMS

We cannot thank you all enough for your support and patience with our group programs. We have been using this time as the world re-adjusts to what is safe and what is unsafe to get our group programs ready for launch!

Due to the timing of the year, Covid-19, and our operations, we will be launching programs in early 2021 once it's safe to do so!

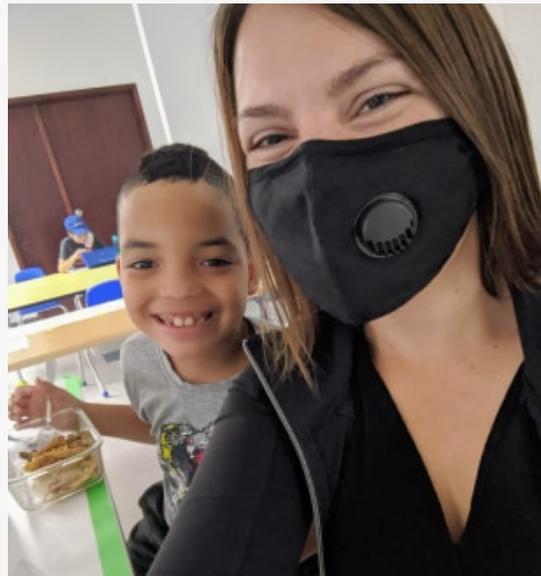
This is to make sure we have the safest, most therapeutic, and most amazing launch for you all. Plus, who would want to choose between finally seeing grandparents at the holidays again and a therapeutic program?



## TO OUR WAIT LIST

We have not forgotten about any of you, we promise!

For those of you who have attended our summer camp, we have been using that experience with your children to fuel even more ideas how to keep supporting them in group settings. Even though we are not working with them in person yet, we are always reflecting on how to individualize our services and support to make sure they can thrive!



For a smooth transition for all of you and to ensure we continue to meet your unique needs, we will be sending you an LYI intake near the end of November.

This intake will serve as a tool to plan extensive, intensive, and effective therapeutic programming to your child/youth, and also allow us to pair them with groups, new friends, and pairs that will be a healthy and happy combination for them.

As always please feel free to reach out with questions!