

NEWSLETTER

# LIMITLESS YOUTH INC.

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

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## SCHOOL SUPPORT

Under normal circumstances, it can be difficult for children and youth to open up about their vulnerabilities, emotions, and needs when it comes to their strengths/needs in education. Now throw in a completely new uncertainty about what the school year will bring, and you have a recipe for anxious emotions about school!

Even though September is a couple months away, Limitless Youth Inc. can still support your child or youth to build skills, feel more prepared, resilient and supported for the upcoming school year.



## PARENT EMPOWERMENT

Are you a part of a community that understand, accepts, and supports you?

Having a community around you can have so many benefits, and Limitless Youth wants to help bring that experience to you. Join with the link here to check out our page with support and exclusive helpful resources!



July 2020



## JUST AN EMAIL AWAY

It's an understatement to say that the last few months have been difficult for families.

All our clients are already so unique in their strengths and needs, and we know that this pandemic has impacted everyone in unique ways as well. Whether you know how we can help or not, or just need someone to talk to about next steps, we're just an email away! [limitlessyouthinc@gmail.com](mailto:limitlessyouthinc@gmail.com)



## SAME SUPPORT, NEW LIGHTSWITCH!

Some of you may remember that back in March, we were planning to launch our FIRST pilot of our ADHD Empowerment program alongside N.U.T.S.

While home confinement impacted our launch date, it actually gave us time to review the program and make the model **EVEN BETTER!**



We will be revealing more about the way LightSwitch will run in our upcoming marketing, but for now we wanted to give you an update!

lightSwitch will include the same supports we planned as before: a focus on self-regulation, empowerment, emotional intelligence and more! We will also have our own LightSwitch Parents Community with monthly virtual meetups with themes and discussions that are important to you! (Education, Coping Strategies, Routines, Extra-Curriculars etc.)