



Patchwork Newsletter

stitching together the pieces of life

Upcoming Events

May. 28

Mindfulness Talk
Elmhurst Public Library

June 3rd

6th, 7th & 8th graders - Social
Skills Improv Group

June 3rd

4th & 5th Graders - Creative
Arts Social Skills Group to
manage anxiety

June 7th

Movies in Wilder Park

June 22nd

Pride Fest

August

Caregiver Skill Group - Stay
tuned for details

Spring is here



Spring is upon us and it's a time of change and renewal. Out with the old, in with the new. As in nature, human growth and change involves shedding what doesn't serve us anymore. When we talk about children and how they learn and grow, one important takeaway is the crucial role "play" plays in their process. Through play, children tinker with ideas, sensations, feelings, and relationships in order to understand them and how they fit into their ever changing realities. From babies playing with their feet, to toddlers playing with stacking, to preschoolers playing with dress-up clothes, to teenagers on sports teams - they are learning essential cognitive, physical, social, and emotional skills. In this newsletter, you'll meet some of our child therapists who work with children and their parents using play as a therapeutic tool. As we grow, our play changes and matures, but is ever so important. Thanks for taking time for yourself with us here at Patchwork. We are so glad you're here.

Andrea Hohf



Did you catch us on CBS Chicago's Mental Health Minute



Welcome to the team:

- Dr. Katie Germain
School Psychologist
- Nicole Leonard
Child Therapist
- Johanna Reedy
Adolescent & Adult Therapist
- Quiana Jefferson
Adolescent & Adult Therapist
- Jennifer DeBosschere
Adolescent & Adult Therapist

Spotlight on **PLAY**

- Facilitates Communication
- Promotes Emotional Wellness
- Strengthens Relationships with others
- Improves self-esteem

Schaefer, C. E., & Drewes, A. A. (Eds.), (2014). The therapeutic powers of play: 20 core agents of change (2nd ed.). Hoboken, NJ: Wiley
10:19 they are called the therapeutic powers of play

Did you Know?

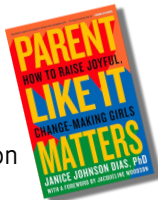
We now offer Psychological testing services for children! Understanding their unique needs related to anxiety, autism, depression, learning, and OCD. Helping to support their therapy approach and success in school.

Dog Extravaganza



In January we helped lead a Suicide Awareness Community Discussion with - Moms Demand Action To identify warning signs for suicidality

In January we hosted our first Parent & Caregiver Support Book Club We look forward to many more book groups in soon



In December we were proud to lead 2 supports groups:

- Exploring Grief Around the Holidays
- Beat the Winter Blues