

TEAMWORK:

A QUARTERLY CHILDREN'S
CLINIC AND FLEX NEWSLETTER
FROM OUR TEAM TO YOURS

ISSUE 20 / WINTER 2025

20th
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WINTER IS HERE

The twentieth issue of our Children's Clinic and Flex Team Newsletter is here!

You can find all our newsletters printed in the waiting room at the Clinic, and archived [here on our WEBSITE!](#)

Want to unsubscribe from this newsletter? No problem! E-mail lgray@cutchins.org and we will remove you from the mailing list.

This newsletter has been made possible through our agency partnership with United Way of the Franklin & Hampshire Region.

United Way of the
Franklin & Hampshire Region



Cutchins Programs
for Children & Families

LETTER FROM THE DIRECTOR

Hello Clinic and Flex Families,

Welcome to 2025! With all of the holidays and vacations, it's been a tricky time to feel grounded and get our bearings. I hope by the time you read this you have settled into the new year and routines, and maybe have even begun remembering to write 2025 when you need to write the date! (I'm still working on that one...) A few updates/reminders:

- Big news! The Clinic is growing! As mentioned in our last newsletter, we have begun the process of renovating the first floor of our building. We will be adding more therapy spaces, and new and exciting treatment opportunities. Our waiting room will move to the first floor as well. See page 4 for more details.
- Fundraising! Thanks to all who supported our Nini's and D'Angelos Fundraisers! We have included a page about our agency Superhero Run which was a great success this past October. We are looking forward to upcoming fundraising opportunities as well as events in the future to support and celebrate our new space and expansion
- Groups! We are excited to offer a few new group opportunities in the coming weeks, please see the pages about our Dungeons and Dragons group as well as our TWO Parent Support group options. And soon there will be even more group offerings.
- Get to know the team: We have added a new section to our newsletter, where we will highlight two staff from our Clinic and Flex teams. Please check it out to learn more about the amazing people we have working here!

Thank you for reading our newsletter, we hope you find it helpful!

With Kindness,

Amanda Jenkins Harrison, LMHC

Vice President of Community Services

· Finances:

If you have a copay for your sessions, please pay copay at the front desk prior to your appointment.

If you recently received a statement of your balance, please reach out to Lucas (Lgray@cutchins.org, 587-3265) to discuss payment and/or payment plan or pay when you are next in. You can also call in a credit card payment. We are no longer accepting cash at the front desk.

If you have had, or anticipate a change in your insurance coverage, please let us know as promptly as possible.



SUPERHERO RACE



SUPERHERO RUN 2024

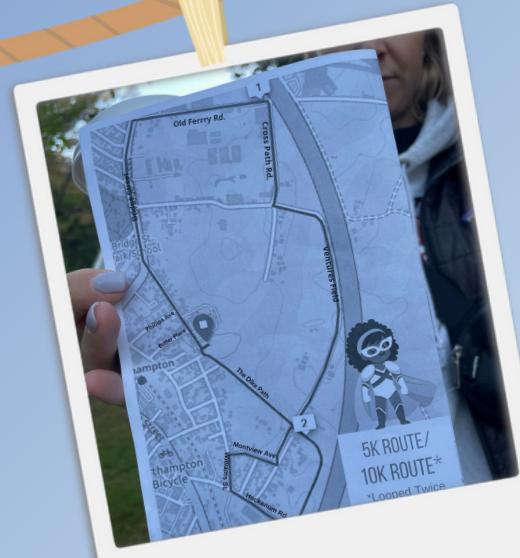
10K Run, 5K Walk/Run

Event For All Ages!
October 6, 2024 | Northampton, MA

Our agency Superhero Run was a great success this past October! We had many runners and walkers. A fun time was had by all! We are looking forward to upcoming fundraising opportunities as well as events in the future to support and celebrate our new space and expansion.



Enjoy some snapshots of this amazing experience!



Coming Soon!!

THE CHILDREN'S CLINIC IS GROWING!!

BEGINNING THIS WINTER:
CONSTRUCTION ON THE FIRST FLOOR
TO ADD ADDITIONAL THERAPY ROOMS,
A NEW WAITING AREA
AND OTHER EXCITING THINGS!

WE HOPE TO COMPLETE RENOVATIONS
AND OPEN THE FIRST FLOOR
THIS SPRING!



Cutchins Programs
for Children & Families



DUNGEONS & DRAGONS GROUP

Join us for a fun recreational group!

Our peer-led and clinician-supported

D&D group will provide a space for socializing and fun. Open to teens and preteens. No supplies are needed, and beginners are welcome!

5:30–6:30 pm on Tuesdays, in-person
January 28; February 4, 11, 25;
March 4, 18, 25

to join, contact Mia Skowron:

mskowron@cutchins.org

413-587-3265 ext. 414

MEET THE TEAM



Laura Seftel

She/Her

Clinical Coordinator, Children's Clinic

I've worked here for: **11 years!**

Describe your job, what do you do?

I spend most of my time advising our clinical team, and helping with training, documentation, and special projects. I also mentor clinical interns, many of whom are art therapists in training. I have a small caseload of clients, who I have worked with for many years, affording me the chance to watch them grow and blossom.

What do you love most about your job?

My favorite part of my job is supporting our therapists, so they in turn can bring renewed support to our families. We also do a lot of staff recognition and celebrating around here, and I am the official "birthday fairy."

What's a fun fact about you?

I am fluent in Italian, and keep my skills sharp with Duolingo.



Lucas Gray

She/Her

Administrative Assistant, Children's Clinic

I've worked here for: **1.5 years**

Describe your job, what do you do?

I spend most of my time helping families and clinicians with their appointments and day-to-day activities. I also do administrative tasks, like putting together this newsletter!

What do you love most about your job?

My favorite part of my job are the people I get to see every week. I learn so much from the amazing people I work with, the hardworking and caring parents I get to meet, and the lovely kiddos who are so kind and inspirational.

What's a fun fact about you?

I have many special interests, including baseball, gardening, sewing, Pokemon, music, podcasts, and helping my cat Buster live the best life he can.

Coping Skills Corner

A Winter Interoceptive Activity

By Ashley Beliveau, TSS COTA/L

During the colder months, we often find ourselves spending less time outside. While it may take some extra effort to bundle up and step outdoors, the benefits, both mental and physical, are worth it. The winter months offer a unique opportunity to engage in self-reflection, change our scenery, and practice mindful awareness of how our bodies feel.

This activity begins with a brief prompt, followed by time spent outdoors. Before heading outside, take a moment to sit quietly with yourself and reflect on the following questions:

- How am I feeling today?
- What is my current mood?
- How does my stomach feel right now? Am I hungry, or satisfied?
- What do I see, can I describe it?
- How does my breath feel at this moment? Is it fast, slow, or shallow?
- What is the temperature of my body? Am I warm, hot, or cold?
- What do I smell right right now, can I describe it?
- What does my heartbeat feel like? How many beats per minute do I feel?
- How do my muscles feel, am I tense, or relaxed?
- What am I grateful for today, or in this moment?

Take your time to really tune in to these sensations, thoughts and feelings, reflect on them as you prepare yourself to step outside. Now bundle up, and take some time for yourself outside to either get in some movement or to be still. As you spend time outside, go through the prompt of questions above and notice any changes, new sensations, thoughts or feelings. Gently challenge yourself to perform this winter activity when it feels right for you.

Now offered by Cutchins Childrens Clinic:

Parent Support Groups

Open to all families of the Children's Clinic
and Flexible Support Services.

Beginning on Tuesday February 11

Meets every Second Tuesday of the Month at 12:15 PM - 1:15

Beginning on Thursday, January 23

Meets every Fourth Thursday of the Month at 5 PM - 6 PM

Parenting is challenging, and we know how helpful it can be to have a space to share and feel supported. You are not alone. Our Parent Support Groups are here to help you connect with others, validate your feelings and experiences, learn practical strategies, and connect and even have a little fun along the way.



**For more information and questions,
please text, email, or call:**

Connie Evans, Parent Partner:

■ 860-461-2964  cevans@cutchins.org

Gina Krosoczka, Parent Partner:

■ 413-341-9086  gkrosoczka@cutchins.org

Scan to join the Zoom!



Zoom ID:
835 269 65574
password:
1234

 **Cutchins Programs**
for Children & Families

Stories In The Snow - A Mass Audubon Young Explorers Activity
Staff Pick by Ashley Beliveau, TSS, COTA/L

Freshly fallen snow offers young explorers a glimpse into the hidden animal adventures unfolding right in our own neighborhood. Bundle up, grab your coat and gear, and embark on an exciting self-paced journey with this activity sheet and guide, designed to help you identify common animal tracks in Western Massachusetts.

Link to Mass Audubon: <https://www.massaudubon.org/places-to-explore/activities/family-fun/young-explorers-activity-sheets/stories-in-the-snow-activity-page>

Book: The Art of Letting Go: Stop Overthinking, Stop Negative Spirals, and Find Emotional Freedom (The Path to Calm) by Nick Trenton
Staff pick by Drew Keller (TSS)

I have been a huge fan of this book lately and how much it has helped me in my own journey in personal growth! A great, robust read for anyone looking to add more tools to your anxiety coping arsenal or learn more about the cross section between our minds and our capabilities. Can be a great tool for accompanying any New Year's Resolutions you may have set out for yourself too. :)

Available on Amazon for paperback purchase here:
<https://www.amazon.com/Art-Letting-Go-Overthinking-Emotional/dp/B0C6C15SLR>

Out of a Jar By Deborah Marcero
Staff Pick by Binda Colebrook

I love this book's illustrations and the way that it captures what happens when we don't feel our feelings.

And here is the blurb about the book.

Llewellyn does not like to feel afraid or sad, angry, lonely, or embarrassed. And so he comes up with a brilliant plan: He tucks each of his feelings into jars and hides them away where they won't bother him anymore. But when he gets in trouble in class, Llewellyn finds he needs to put away excitement too. And when joy is quickly followed by disappointment, he decides to get rid of joy as well. After a while, Llewellyn walks around not feeling much of anything at all. But what happens when his emotions refuse to be bottled up any longer?