



## SEE WHAT'S HAPPENING AT OUR HIVES:



### Wrapping it up on 2022!

Wow, we've made it to December. The holiday season. Can y'all believe it? For many people, December is a special and magical time. Friends and family gatherings, celebrations of all types, cultural and religious traditions on display all around us. Bright, playful lights illuminating our evening drives and walks, the crisp cold air of night. It's the most wonderful time of the year, as the song goes.

This time of the year can also be a challenge for many people for a variety of reasons. The frantic pace of shopping and organizing festivities. Crowded public spaces. Large family gatherings in enclosed spaces disrupting routines. The loss of loved ones this time of year can also be hard. So it's important to be aware and acknowledge everyone might not feel the same way about the holiday season as you do.

Whether it's an overtly jubilant uncle wanting to spend hours and days watching Hallmark movies and singing Christmas carols or a subdued teenager wishing these early sunset days pass quickly, patience is the ultimate gift we should give to ourselves and others that we encounter this time of year. And in doing so, we'll be sharing the spirit of the season and making it a little brighter for everyone. Here, wishing you all happy holidays!

### Health Insurance Marketplace is Open. Deadline to enroll is December 15!

If you currently have a plan through the Health Insurance Marketplace, now's the time to renew your policy and secure continued ABA therapy coverage for 2023. Consider a Child-Only policy through the Marketplace for ABA coverage in the new year if your current employer's plan excludes ABA therapy coverage. If you have any questions, please feel free to contact our insurance expert, Danielle Merck. She will be more than happy to answer any questions you may have. Find her at: [danielle@behaviorexchange.com](mailto:danielle@behaviorexchange.com). Keep in mind for coverage to start on January 1st, 2023, you must sign up before December 15. January 15, 2023 is the last day you can sign up for coverage that starts February 1.

(continued on next page)

### IN THIS ISSUE:

- HOLIDAY TIME
- INSURANCE MARKETPLACE
- EARLY CLOSURE
- SHOE BOX DECORATION
- CHRISTMAS CLOSURES
- PROSPER EVENTS
- GROUP PARENT TRAINING

### TBE Calendar

- 12/2:** Family letters to TBE
- 12/3:** Prosper Christmas Festival
- 12/9:** Early closure, 3:30 pm—All hives
- 12/15:** Deadline for Marketplace Insurance coverage for Jan 1st.
- 12/19:** Bring your decorated shoe box
- 12/26:** Closed for Christmas Holidays

For all the important dates in one place, be sure to pick up our printed calendar! You can also log on to our site and view selected events: [CLICK HERE](#)

### Did you know?



We've kept all of our newsletters in case you missed one and want to go back and read it. Click on this [LINK](#) to see all past issues.



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## Family Letters

**Friday, December 2.**

It's one of the best traditions we have at TBE is reading your notes, thoughts, thank yous to our wonderful staff. Please, please, send us your letters by Friday, December 2nd. We can't wait to read them, to hear of your family success and to be inspired and energized by them. Which reminds us, we need to buy boxes and boxes of tissues.

## Early Closure

**Friday, December 9, 3:30pm. All hives.**

Y'all, it's celebration time. We will be closing all of our hives early on Friday, December 9th at 3:30pm so that our staff members can get nice and "[purdy](#)" for our Holiday Celebration gathering. Thank you for your understanding.

## Holiday crafts

**Monday, December 19**

There's nothing better than holiday crafting. At The Behavior Exchange, we love crafting, family activities, and of course, the holidays! So why not combine them? The week of December 19 to 23, our fun curriculum activities will include learning about different ways cultures celebrate this festive time of year. We ask that all families bring a decorated show box on Monday December 19. See the letter on page 8 for more details.



## Christmas Day Closures

Monday, December 26. Will be closed to so we can spend time with family and friends during the Christmas holiday.

## Group Parent Training (GPT)

Join us for a special 3-hour workshop on how to stop tantrums. If your child throws tantrums in the store, at home or when they can't have what they want, this is the class for you! This class size will be small (8 families per class) so that the BCBA can work individual with each family to help them put a protocol in place to help decrease tantrums and increase appropriate behavior or teach tolerance to delay. The class will be offered two times in December. You can sign up for either class. If you need childcare during the class, please sign your child up for Saturday afternoon services.

**Workshop: Got Tantrums: How to Reduce Tantrums and Increase Calm Behavior.**

Saturday, December 3: 12pm — 3pm

Saturday, December 10: 12pm — 3pm

Registration will be on a first come first serve. [EVENTS CALENDAR](#). Want to suggest a Group Parent Training topic you'd like to see covered, email [buddy@behaviorexchange.com](mailto:buddy@behaviorexchange.com). See you soon!

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## Fun facts: Winter Holidays Around the world

### Winter Solstice and Yule

The December solstice, known as the winter solstice in the Northern Hemisphere, marks the shortest day and the longest night for half of the world. Yule is the ancient Pagan celebration associated with that moment in midwinter. Many modern traditions like caroling and Yule logs (which used to be an actual log, not a chocolate cake) stem from the ancient 12-day festival.

### St. Nicholas Day

A popular December holiday in many European countries, St. Nicholas Day, celebrates St. Nicholas of Myra, the man whose life inspired the tradition of Santa Claus and Father Christmas. He gave all of his money to the needy and was known for his compassion for children and all those in need. The holiday honors the man on the anniversary of his death, December 6, 343 A.D. Many celebrate with parades, feasts, gift giving, and festivals.

### Kwanzaa

Kwanzaa, which means "First Fruits," is based on ancient African harvest festivals and celebrates ideals such as family life and unity. During this spiritual holiday, celebrated from December 26 to January 1, millions of African Americans dress in

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### Prosper Christmas Festival, Saturday, December 3rd.

Join The Behavior Exchange team on Saturday, December 3rd as we celebrate the holidays in Prosper Texas! Come for a fun parade, Santa's Workshop, Kids Christmas Shoppe, Horse-drawn Wagon Rides, Community Stage Performances, Santa's Selfie Station, Kids Zone and so much more!

### Oscar Health insurance update

Please take note of a recent update to Oscar Health Plan's network. Oscar has announced they are narrowing the behavioral health network and excluding/removing certain provider groups. **Beginning January 1st, 2023, The Behavior Exchange will no longer be considered an in-network provider with Oscar Health Plans.** We encourage you to collaborate with your health insurance broker to review available options for your 2023 insurance coverage. If you have any questions, please do not hesitate to contact our team.

### THE BUZZ AROUND DFW:



### Prosper Christmas Festival

Small-town Charm Meets Big-town Festivities. December 3, 2022, 3-7 p.m. at Town Hall.

Make Christmas Memories at the Prosper Christmas Festival!

Santa's Workshop, Kids Christmas Shoppe, Horse-drawn Wagon Rides, Community Stage Performances, Santa's Selfie Station, Kids Zone, Great Shopping! Upscale Gifts and Specialty Foods, Community Tree Lighting, Fireworks, and 90+ Dazzling Exhibits with Crafts, Games and Prizes. [LEARN MORE](#)

### Trains at North Park

November 12, 2022 to January 06, 2023. NorthPark Center. 8687 North Central Expressway, Dallas, TX, 75225. Raising more than \$13 million for the Ronald McDonald House of Dallas since 1987, The Trains at NorthPark exhibit has been delighting the hearts and minds of young and old alike. This holiday family tradition has become a favorite for generations of Dallasites, with more than 750 railcars on 1,600 feet of track rolling from coast to coast on a whimsical rail journey across America. [LEARN MORE](#)

### Holiday at the Arboretum

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special clothes, decorate their homes with fruits and vegetables, and light a candle holder called a kinara.

### St. Lucia Day

To honor this third-century saint on December 13, many girls in Sweden dress up as "Lucia brides" in long white gowns with red sashes, and a wreath of burning candles on their heads. They wake up their families by singing songs and bringing them coffee and twisted saffron buns called "Lucia cats."

### Ōmisoka

Ōmisoka, New Year's Eve, is considered the second-most important day in Japanese tradition as it is the final day of the old year and the eve of New Year's Day, the most important day of the year. Families gather on Ōmisoka for one last time in the old year to have a bowl of toshikoshi-soba or toshikoshi-udon, a tradition based on eating the long noodles to cross over from one year to the next.

Did you know?



Did you know our first "hive", our first brick-and-mortar center, was located in downtown Plano, Texas?

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November 9, 2022 to December 31, 2022. Dallas Arboretum. 8525 Garland Road, Dallas, TX, 75218. Holiday at the Arboretum returns with a garden transformed for the magic of the season including the return of the beloved Christmas Village, the 12 Days of Christmas and the Dazzling Musical Tree. Both members and non-members are required to reserve tickets in advance: Daytime admission is available November 13–December 31. Nighttime admission available from 6–9pm November 10–December 30. [LEARN MORE](#)

### Christmas in the Square

November 18, 2022 to January 04, 2023. Frisco Square. 8843 Coleman Boulevard, Frisco, TX, 75034. It's beginning to look a lot like Christmas a week early this year. In partnership with the City of Frisco, the Frisco Square Property Owners Association presents the largest choreographed holiday lights and music show in North Texas. Christmas in the Square returns for its historic 18th anniversary with even more fun surprises this year. [LEARN MORE](#)

### Special Needs Movie Screening at Studio Movie Grill

November 05, 2022 to December 10, 2022. 12:00 PM. All Studio Movie Grill locations. These sensory friendly Special Needs Screenings present movies with the lights up, the volume low, and moving around, talking, and even dancing in the aisles is welcome. Tickets are free for children with special needs and their siblings, and adult tickets are available at before-noon price at the box office only. Upcoming movies: December 3: Disney's Strange World. December 10: Devotion (rated PG-13). [LEARN MORE](#)

## THE BUZZ AROUND BOULDER:

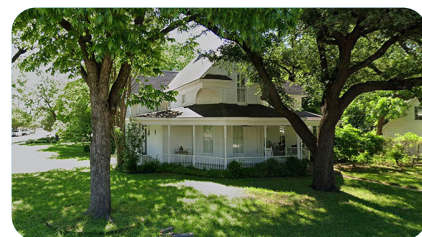


### Blossoms of Lights

Denver Botanic Gardens. 1007 York, St. Denver, CO 80206. Nov 18, 2022 to Jan 07, 2023. See the York Street location of Denver Botanic Gardens transformed into a winter wonderland, with thousands of LED lights used for sustainability. Tickets must be purchased online in advance. [LEARN MORE](#)

### The Immersive Nutcracker: A Winter Miracle

Lighthouse Art Space. 3900 Elati St. Denver, CO 80216. The Immersive Nutcracker: A Winter Miracle is the ultimate holiday experience for the entire family! For nearly 130 years, The



We outgrew that space quickly and moved into a gorgeous, Victorian historical home called the Schimelpfenig House on H Ave. Again, we needed more space and have continued to grow in North Texas and Colorado ever since, servicing families in Plano, Frisco, Prosper, Boulder, and surrounding neighborhoods. As we take stock of our journey and growth, we are so thankful to those families who have trusted us and bee-lieved in our mission since we first started over two decades ago! Thank you!

### Extra! Extra!

### Chicago urban farm helps students with autism cultivate life skills

In a concrete jungle, a nearly one-and-a-half acre farm is a hidden gem. That's because it's not just any farm.

Change is in the air for a half-dozen students with autism and other intellectual challenges who are learning precious skills to grow and live. [LEARN MORE](#)

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Nutcracker has enchanted children around the world. Now your family can experience the timeless holiday tale like never before – brought to life on a majestic scale!

Your family will be enchanted by Peter Ilyich Tchaikovsky's sweeping music, including iconic selections like "The March of the Toys" and "The Dance of the Sugar Plum Fairy" as they are immersed in holiday wonder! [LEARN MORE](#)

#### The Nutcracker

Mackay Auditorium. 2590 Walnut St. Boulder, CO 80302. Sway along with the Walz of the Flowers and enjoy the uplifting choreography and music that take you on Clara's magical journey through the Land of Sweets. The Nutcracker is a favorite for many of our dancers

[Listen here](#)

#### What it's like being autistic in a neurotypical world

It's fairly common for a person with autism to "mask" their condition so as to appear to be neurotypical. Devon Price is a social psychologist and professor at Loyola University of Chicago's School of Continuing and Professional Studies. He



*From Our Family To Yours!  
Have a safe, healthy, and wonderful Holiday Season!*



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# Our Prosper Hive is virtually amazing!

Click on this [LINK](#) and experience our hive through a mind-blowing 360-degree virtual tour!



## Now open!

We are so excited to announce that our fourth location is now open! Our Prosper Hive offers plenty of room for children to learn, explore, and grow in our trademark environment full of bright colors, fun artwork, and inspirational design.

### Our newest hive features:

- Over 9,000 sq. ft. of custom-designed space for exploration and wonder
- A large indoor play area for social skills groups, fun sensory experiences, and to build motor skills
- An arts & crafts room to empower creativity
- A science room where discovery can flourish
- More than 12 private rooms for highly individualized ABA therapy sessions
- Plenty of private offices and conference rooms for assessments, Telehealth sessions, parent training and consultations

**We can help you and your child prosper!**



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HAPPY HOLIDAYS!

# DECEMBER



SUND	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 <b>Dress-Up Friday Sweater Weather</b> Wear your favorite sweater.	3 <b>Saturday Services</b> Frisco Hive 9:00am-3:00pm, CST  <b>Prosper, TX Christmas Festival</b> 3:00pm, CST
4  <i>National Cookie Day</i>	5	6  <i>National Gazpacho Day</i>	7  <i>Pearl Harbor Remembrance Day</i>	8	9 <b>Dress-Up Friday Magic Kingdom Day</b> Dress like your favorite Disney character.  <b>CLOSED EARLY. 3:30PM Staff Holiday Celebration</b>	10 <b>Saturday Services</b> Frisco Hive 9:00am-3:00pm, CST
11	12  <i>Poinsettia Day</i>	13	14	15	16 <b>Dress-Up Friday Holiday Cheer!</b> Wear your favorite ugly/ Christmas sweater!  <i>National Ugly Christmas Sweater Day</i>	17 <b>Saturday Services</b> Frisco Hive 9:00am-3:00pm, CST
18  <i>Hanukkah</i>	19 <b>Dress-Up Day Deck the halls!</b> Wear Christmas colors!	20 <b>Dress-Up Day Holiday Headwear!</b> Wear Santa/elf hats, antlers, or your favorite holiday headpiece.	21 <b>Dress-Up Day Santa's Workshop Day</b> Dress like your favorite Christmas character!  <i>Yule</i>	22 <b>Dress-Up Day Candy Cane Day</b> Wear red and white!	23 <b>Dress-Up Friday A Very Cozy Christmas</b> Wear flannel and fuzzy socks!	24 <b>Social Saturday</b> Frisco Hive 9:00am-3:00pm, CST  <i>Christmas Eve</i>
25  <i>Christmas</i>	26 <b>CLOSED: Christmas Holiday</b>  <i>Boxing Day</i>	27 <b>Dress-Up Day Baby, It's Cold Outside!</b> Bundle up in your favorite winter gear!  <i>Kwanzaa</i>	28 <b>Dress-Up Day Decades Day!</b> Close out 2022 dressed in your favorite decade wardrobe!	29 <b>Dress-Up Day Festive Pajama Day!</b> Dress in your favorite festive pajamas!	30 <b>Dress-Up Friday Bee Bright</b> Wear sparkles, glitter, neon to kick off 2023!	31 <b>Saturday Services</b> Frisco Hive 9:00am-3:00pm, CST  <i>New Year's Eve</i>

All times are in Central Standard Time Zone (CST).



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DECORATE ME!

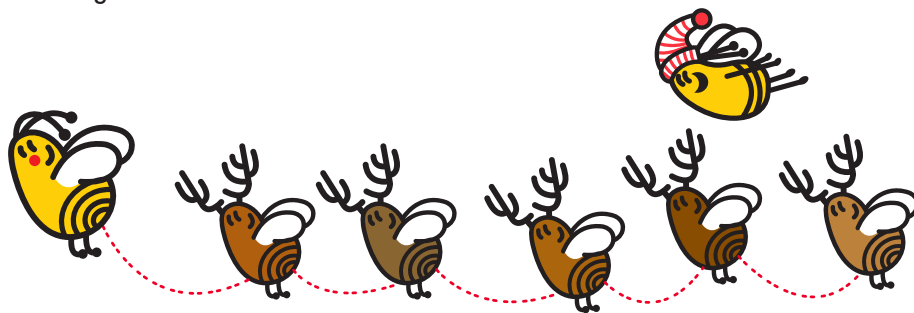
# Some Family Fun for the Ho-ho- holidays!

This coming week (December 19-23) our curriculum will include five fun holiday craft projects that celebrate the many ways people around the world mark this festive season.


At the end of the week, we'll put your child's finished projects in a shoebox or a small shipping box that you've decorated at home with the whole family. Decorating the box together is a great way to practice working as a team, taking turns, using fine motor skills, and expressing creativity and imagination. It can be a lot of fun, too.

**Please bring your decorated box with you on Monday Dec. 19, 2022,** and we'll take it from there. If you have any questions, please contact your child's BCBA. We can't wait for you to see what our little artists create!

Sincerely,  
The Behavior Exchange



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# PROSPER CHRISTMAS FESTIVAL

Join **The Behavior Exchange team** on Saturday, December 3rd as we celebrate the holidays in Prosper Texas! Come for a fun parade, Santa's Workshop, Kids Christmas Shoppe, Horse-drawn Wagon Rides, Community Stage Performances, Santa's Selfie Station, Kids Zone and so much more!

## Event Schedule

- 1:30 p.m. Shuttles Begin
- 2:30 p.m. Prosper Rotary Club Christmas Parade
- 2:45-6:00 p.m. Kids Christmas Shoppe Registration
- 3-7 p.m. Prosper Christmas Festival Attractions
- 3-7 p.m. Community Stage Performances
- 7 p.m. Community Christmas Tree Lighting and Fireworks



**Where:**  
**Prosper Town Hall**  
250 W. First St.  
Prosper, TX 75078

**When:**  
Saturday, December 3  
3pm - 7pm



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# Color me!

