



JANUARY 2026 NEWSLETTER

NATIONAL MENTORING MONTH



We all need a blanket

This time of year snow can start to pile up. Rarely around here, but mainly in areas north and west of us. In forested areas, and in all of those amazing Hallmark holiday movies, the snow is particularly beautiful, creating a thick white blanket along the ground. From the outside it looks cold and harsh, but underneath it creates warmth. It shields roots from freezing temperatures, keeps them safe from the arctic howling winds, and gives plants a chance to rest. In that stillness, important work is happening that we can't see. And when spring comes, that same snow turns into the water plants and vegetation need to grow.

It's a good reminder that we all need a blanket of our own. Not a physical one (although a comfy, soft, and warm blanket is a magical thing to have, just ask Linus), but something that gives protection when life gets cold. A layer that keeps our hopes from freezing, not in the literal sense, but one that allows us to pause, recover, and rest without falling apart. Winter, after all, is not wasted time—it's preparation.

A blanket can be many things. A friend who checks in. A partner who listens. A parent who believes in you even when you doubt yourself. It can be a steady routine, a bit of quiet time at the end of the day, a hot cup of tea to help the stress wash away, or a breathing exercise that brings you back to center. These things don't fully erase the winter or the freeze around us, but they make it bearable and livable. They give us the strength to keep going until new growth is possible.

So as we step into a new year, take a moment to notice your own blanket. Who or what helps you stay warm and grounded when life gets difficult? And just as importantly, where might you offer that same warmth and protection to someone else who needs it?

May the year ahead bring the kind of protection that allows you to rest, recover, and rise when the season changes. Here's to a prosperous and hopeful 2026!

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In This Issue:

- REFLECTION
- MLK
- WINTER BREAK LAST DAYS
- NEW INSURANCE
- THANK YOU

Calendar

- 1/1: Closed: New Year's Day
- 1/15: Marketplace last day to sign up
- 1/19: Closed: MLK

Daily Affirmation



Did you know?



As we flip the calendar to a new year, many of us turn to a horoscope to see what the new year will provide, or reveal. A lot of us are familiar with the western zodiac horoscope as well as the Chinese horoscope, but did you know there are more horoscopes? Read more below: **Western horoscopes** are based on the tropical zodiac, which divides the year into twelve astrological signs, each corresponding to a specific time of the year. These signs are Aries, Taurus,

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Closures this month

We will be closed on Monday, January 19 — All hives. For Martin Luther King, Jr Day Observance.

Winter break continues

Wishing y'all a prosperous and happy New Year. Keep in mind these school closures and always know we are more than happy to accommodate extra hours for your little ones.

Plano ISD: Dec. 22, 2025 to Jan. 2, 2026. **School back in session Tuesday, January 6th.**

Frisco ISD: Dec. 22, 2025 to Jan. 5, 2026. **School back in session Tuesday, January 6th.**

Prosper ISD: Dec. 22, 2025 to Jan. 5, 2026. **School back in session Tuesday, January 6th.**

Celina ISD: Dec. 22, 2025 to Jan. 2, 2026. **School back in session Tuesday, January 6th.**

New Year insurance and deductibles reset

As we welcome the new year, we want to remind you that for those with calendar year insurance policies, your deductibles and out-of-pocket maximums will reset. We encourage families to connect with their benefits advisor to discuss updates to their coverage—any changes could impact your patient responsibility in the year ahead. We're here to help. Questions? Contact our team at intake@behaviorexchange.com.

Heartfelt messages — Thank you!!!

Endless thanks to the incredible families who took the time to share such meaningful notes with our team. Your messages remind us why we do this work and inspire our dedicated staff every single day. We are truly grateful for your kindness and support. It means more than words can express. Here's to 2026 and all the possibilities ahead. We're excited to make it our strongest year yet.

THE BUZZ AROUND DFW:



Day 1 DFW – Irving

Celebrate New Year's Day with your kiddo at this family-friendly event packed with exciting activities made for kids of all ages. There's a lot to look forward to this year, including giant inflatable slides, rock climbing walls, face painting, a sports zone, arts and crafts, LEGOS, a stilt walker, cardboard construction area, photo experiences, roving characters like Bluey and

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Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, and Pisces. Western horoscopes focus on the position of the sun at the time of a person's birth and offer insight into their personality traits and tendencies.

Chinese horoscopes are based on a 12-year cycle, with each year represented by an animal sign. These signs are the rat, ox, tiger, rabbit, dragon, snake, horse, goat, monkey, rooster, dog, and pig. Chinese horoscopes are determined by the year a person is born and offer insights into their personality, career prospects, and love life.

Vedic horoscopes, also known as Jyotish, are based on the sidereal zodiac and are widely used in India. Vedic horoscopes take into account the position of the moon, as well as the sun and other planets, at the time of a person's birth. The 12 signs in Vedic astrology are known as rashis, and each rashi is associated with a specific planet. Vedic horoscopes can offer insights into a person's personality, health, career, and relationships.

In addition to Western, Chinese, and Vedic horoscopes, there are several other types of horoscopes that people follow. Some of these include:

- **Celtic horoscopes.** Based on the Celtic tree calendar and offer insights into a person's personality based on the tree associated with their birth date.

- **Egyptian horoscopes:** Based on the Egyptian calendar and offer insights into a person's personality based on the god or goddess associated with their birth date.

- **Mayan horoscopes:** Based on the Mayan calendar and offer insights into a person's personality based on their birth date.

Horoscopes have been around for centuries, and different cultures and traditions have developed their own unique systems of astrology. Whether you follow

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Bingo, Spiderman, and Sonic the Hedgehog, and live performances from DJ Sprinkles, Wildlife on the Move, and magician Grant Price. It's a full day of fun, all while supporting Vogel and their battle against homelessness and child poverty in Dallas. Thursday, January 1, Noon to 7:00 PM. [LEARN MORE](#)

The Sensory Studio: Canvas Painting in a Bag – Dallas

Does your toddler like to touch, squish, swirl, and create? If so, this Dallas Public Library event is for you! Canvas Painting in a Bag is a craft series that invites kids to explore art through all five of their senses with hands-on projects designed to spark creativity and curiosity. This installment will be at the White Rock Hills branch and is perfect for curious minds who love to make, feel, and discover. So make room on the fridge for another treasured creation from your kiddo, this time designed using fun, mess-free painting. Free. Best for children 5 and younger. Friday, January 2 from 9:15 AM -10:15 AM. [LEARN MORE](#)

Disney's Beauty and the Beast – Dallas

The first North American touring production of the musical presented by Disney in over 25 years is coming to Music Hall at Fair Park for a limited engagement! The show is based on the hugely successful feature film we all know and love and remains one of the highest-grossing Broadway shows of all time. Now through January 4 at The Music Hall, a certified Sensory Inclusive Venue with a variety of resources for those with sensory sensitivities, including a designated quiet area and sensory inclusive bags. Run time for the show is 2 hrs and 25 mins. [LEARN MORE](#)

Rowlett on Ice – Rowlett

Once again, the Dallas Stars have partnered with the City of Rowlett to bring the fun of outdoor ice skating to families in North Texas. It's real ice and totally free to enjoy for everyone! Skates are available for rent, along with skate trainers for a little help around the rink, or you can bring your own. Food and dessert trucks will also be available for delicious refreshments to make the experience even more enjoyable. Now through February 8. Saturdays and Sundays include afternoon and evening skating. [LEARN MORE](#)

DC Super Heroes: Discover Your Superpowers – Fort Worth

Step into the action with Batman, Superman, Wonder Woman, and more beloved DC characters in this super fun interactive experience at the Fort Worth Museum of Science and History. Test your skills, exploring the themes of teamwork, self-discovery, strength, and justice, while on the trail of a group of supervillains, and see if you have what it takes to save the day! For added fun, be sure to check out the new the Barbie experience. Now through January 25. Cost included with general admission. [LEARN MORE](#)

The Unicorn's Birthday – Fort Worth

Treat your family to a sensory-friendly symphonic experience from the Fort Worth Symphony Orchestra and award-winning composer Bob Singleton. This performance is a musical

Western, Chinese, Vedic, or another type of horoscope, they can offer insights into your personality, relationships, and life path. While horoscopes can be fun and entertaining, it's important to remember that they should not be taken too seriously and should not be used as a substitute for professional advice.

On this day in history

Dropping the ball has never been so much fun.

The Times Square Ball Drop tradition began as a promotional spectacle tied to The New York Times. In 1903, newspaper owner Adolph Ochs marked the opening of the paper's new headquarters (then in Longacre Square, later renamed Times Square) with a fireworks show on December 31st. After several years of fireworks celebrations, Ochs sought a larger attraction to draw attention to the area. An electrician was commissioned to build a lighted ball to be lowered from the flagpole on One Times Square. The first actual ball drop occurred on New Year's Eve 1907, one second after midnight, ushering in 1908. Learn more about the New York New Year's Eve tradition [HERE](#).

LOL, as the kids say

• Why do you need a jeweler on New Year's Eve?

To ring in the new year.

• What happened to the man who shoplifted a calendar on New Year's Eve?

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birthday celebration filled with narration, fun sounds, on-stage action, and friendly animals, created especially for children and adults with sensory sensitivities. There will be adjusted lighting and sound, flexible seating, and a welcoming, judgment-free environment. Audience members are also free to move around or take breaks, and a quiet space is available along with sensory bags. January 17 at 11:00 AM. [LEARN MORE](#)

Texas Rangers Fan Fest – Arlington

Baseball fans, young and old, this one is for you. Don't miss this annual Fan Fest at Globe Life Field, the home of the World Champion Texas Rangers. You'll have a chance to get autographs from Rangers players and alumni, visit the Baseball Card Show, play games on a major league field, run the bases, enjoy Q&A sessions with players and legends, and much more. Concessions and souvenirs will also be available for purchase around the stadium. January 24 from 9:00 AM to 4:00 PM. [LEARN MORE](#)

He got 12 months!

• **What did the ghost say on January 1st?**

Happy Boo Year.

• **What food should you avoid on New Year's?** Firecrackers

• **What is corn's favorite holiday?**

New Ear's Day

• **What's a cow's favorite holiday?**

Moo Year's Eve.

• **What do you say when saying**

goodbye on New Year's Eve?

See you next year!

• **Where can you find comedians on New Year's Eve?**

Waiting for the punchline

• **What do you call always wanting a date for New Year's Eve?**

Social Security

Knock, Knock.

Who's there?

Howie.

Howie who?

Howie gonna stay up till midnight? I'm tired!



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JANUARY – 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 CLOSED: New Year's Day Holiday	2 Dress-Up Friday Backwards Day—wear your clothes backwards or inside out!	3 Saturday Services Frisco Hive 9:00am-3:00pm, CST
4	5	6	7	8	9 Dress-Up Friday Dress as your favorite pet day!	10 Saturday Services Frisco Hive 9:00am-3:00pm, CST
11	12	13	14	15	16 Dress-Up Friday Be Punny—dress as your favorite pun!	17 Saturday Services Frisco Hive 9:00am-3:00pm, CST
18	19 CLOSED: MLK Jr. Day/ Civil Rights Day	20 <small>Grandma Day</small>	21	22	23 Dress-Up Friday Zone Spirit Day—zones wear specific colors	24 Saturday Services Frisco Hive 9:00am-3:00pm, CST
25	26	27	28	29	30 Dress-Up Friday Chinese New Year- wear red, gold or yellow!	31 Saturday Services Frisco Hive 9:00am-3:00pm, CST

All times are in Central Standard Time Zone (CST).
Some dates and events are subject to change.



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The Behavior Exchange will be closed on:



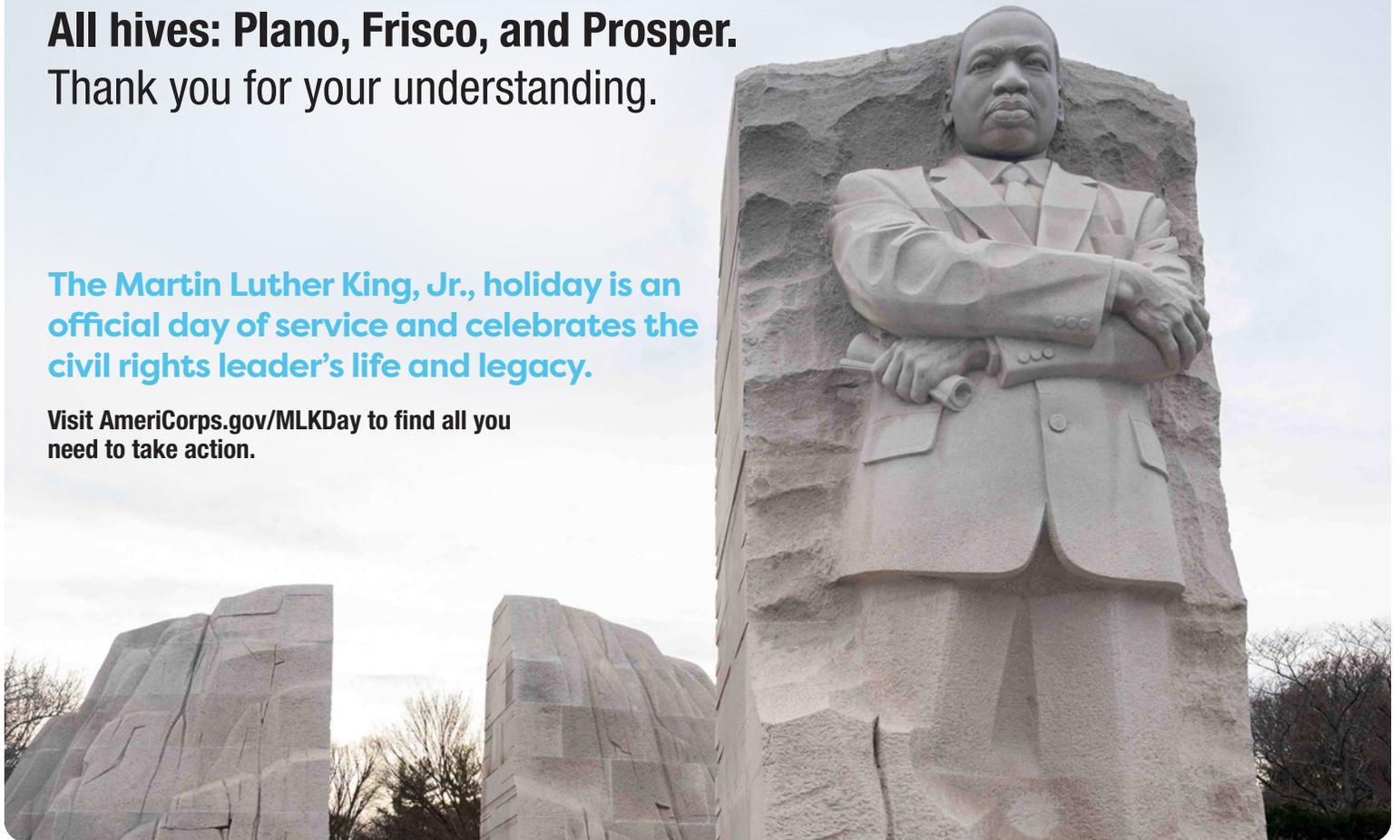
MONDAY, JANUARY 19, 2026 FOR MLK JR. DAY OBSERVANCE



All hives: Plano, Frisco, and Prosper.
Thank you for your understanding.

The Martin Luther King, Jr., holiday is an official day of service and celebrates the civil rights leader's life and legacy.

Visit AmeriCorps.gov/MLKDay to find all you need to take action.



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Secure ABA therapy coverage in 2026!

Renew your Health Insurance Marketplace plan during open enrollment, starting November 1st!

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 2026.

Does your employer's plan exclude ABA therapy services?

Consider a Child-Only policy through the Marketplace for ABA coverage in the new year!



Open enrollment starts.



Enroll by December 15, 2025 for coverage that starts January 1, 2026.



Enroll by January 15, 2026 for coverage that starts February 1, 2026.

Important dates

November 1: Open Enrollment starts for health coverage for the next plan year — first day you can enroll in, re-enroll in, or change health plans through the Health Insurance Marketplace®. Coverage can start as soon as January 1.

December 15: Last day to enroll in or change plans for coverage to start January 1.

January 1: Coverage starts for those who enroll in or change plans by December 15 and pay their first premium.

January 15: Open Enrollment ends — last day to enroll in or change health plans for the year. After this date, you can enroll in or change plans only if you qualify for a Special Enrollment Period.

February 1: Coverage starts for those who enroll in or change plans December 16 through January 15 and pay their first premium.

DID YOU KNOW?

You can get health coverage for the rest of the year if you qualify for:

- A Special Enrollment Period due to a recent life event, like losing other coverage, moving, getting married, or having a baby.
- Medicaid, the Children's Health Insurance Program (CHIP), or based on estimated household income.

Have questions?

Email or call our insurance experts.



intake@behaviorexchange.com



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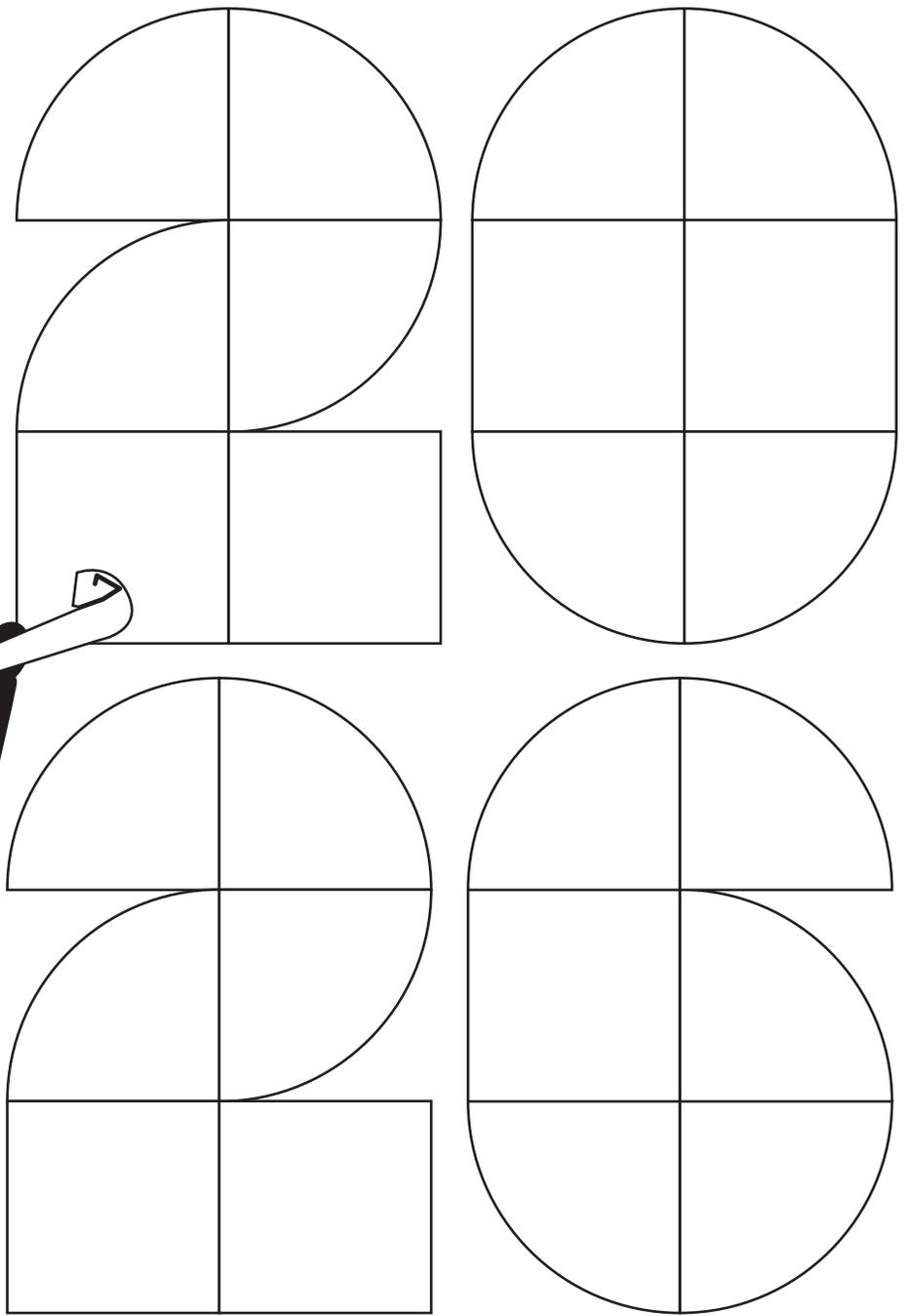
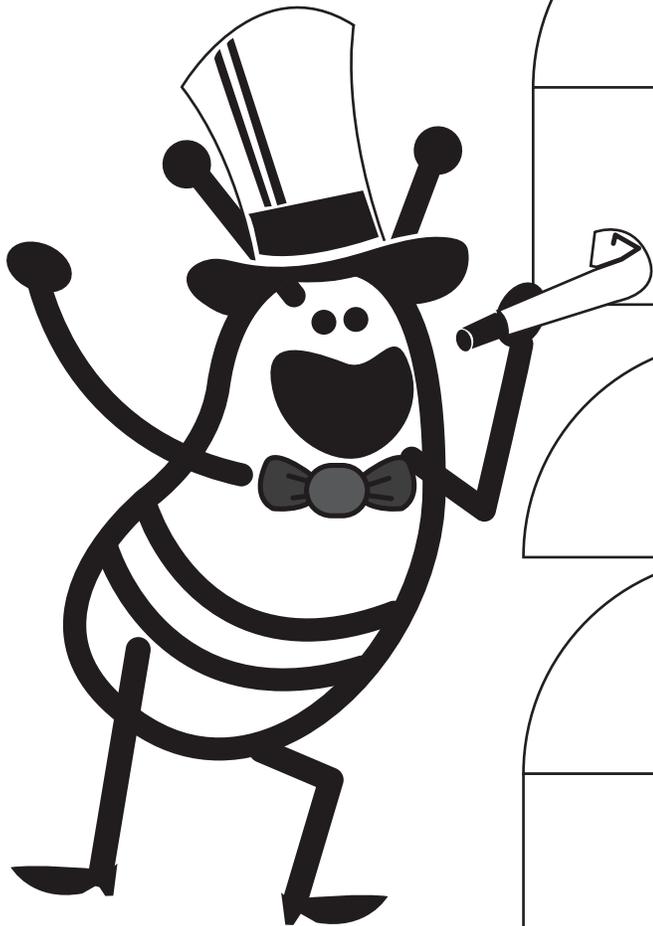


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HAPPY

New Year



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