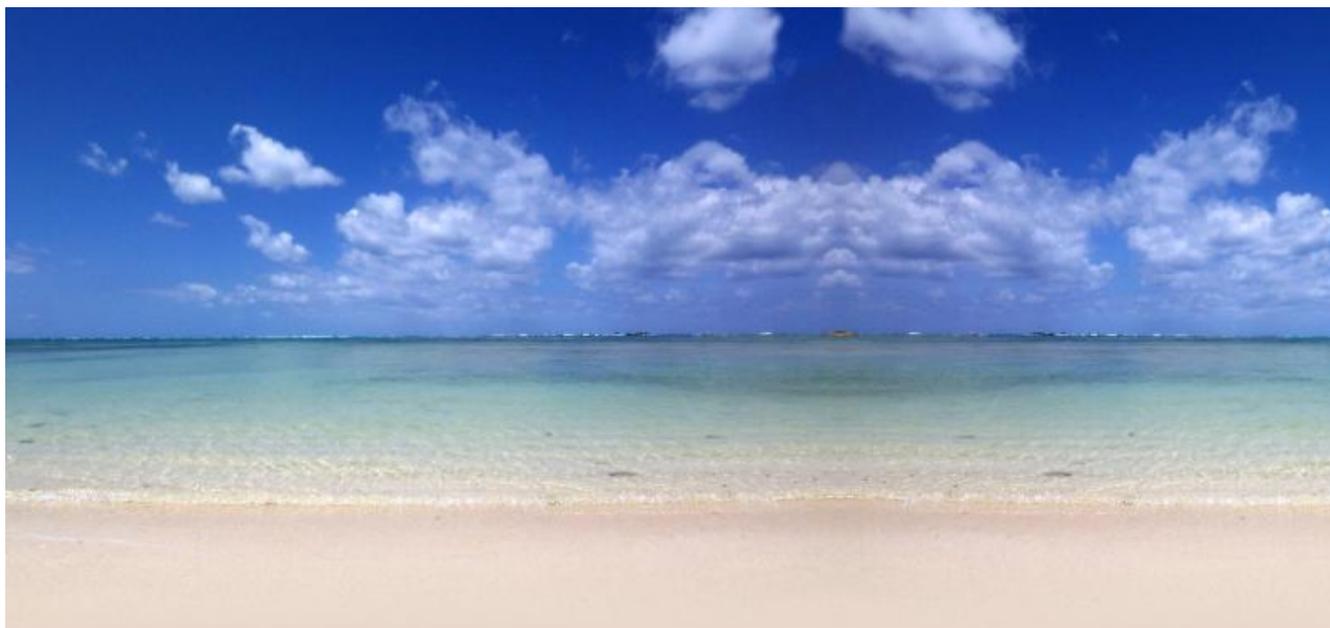


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PATHWAYS

TREATMENT CENTER



Happy SUMMER everyone! I hope that amidst the sports camps, beach vacations, traveling, and pool trips you are all taking time to slow down and connect with your children and as a family. Even if your children are back in school already, warm summer evenings are a great opportunity for slower interactions and longer conversations. Take a deep breath, relax, and connect! Also, I came across tons of great articles and videos this month, so check out the links down below for some pieces to get your thoughts churning. - Amy Cameron

The Latest from Pathways

Creating Space

You all know the plane crash advice about parents breathing into the oxygen mask first so that they may then help their children? And you all know how hard it can be to make taking care of yourself a reality. I wrote a piece for you - actually for me as well - to remind you that you are important. Your state of mind, your mood, and your well-being deserve to be priorities for you, not only for the sake of yourself but for the sake of your children. "Be what you hope your child will be. A happy person." [Read more here!](#)

Growing Together

I am seeing new clients weekly these days and it thrills me to meet and get to know so many new families. I've been busy with RDI assessments, MNRI body work, and brainstorming all sorts of challenges and solutions for some pretty cool kids. Anat has been busy as usual with individualized OT/RDI therapy sessions and dyads, Sara has been consulting on IEP and school setting concerns, and Karen has completed speech assessments for some Pathways families. Let us know what we can do for you!

Our Team Approach

My team provides autism consulting including dynamic thinking, social engagement, and reciprocal communication, reflex integration and exercises (MNRI), developmentally based speech and occupational therapies, and educational consulting including IEP support. You can pick and choose what works for you and your family! [Click here to learn more about the team.](#)

HAPPY SUMMER EVERYONE!



Notable links (follow us on facebook for more!):

[Mindful Activities for Families](#)

[Does Crawling Matter? \(Spoiler alert: Yes, very much\)](#)

[Co-Regulation: A Brief Introduction](#)

[What if everything you knew about disciplining kids was wrong?](#)

[The Healthy Mind Platter](#)

[Words Can Change Your Brain](#)

[Intro to the RDI Program](#)

[Our Goal is to Create Independent Thinkers](#)

[How your movements can heal your brain](#)

As always.....

At Pathways Treatment Center, we offer new families a free initial meeting with one of our certified professionals. You can get to know us, and we can get to know you. We can start to understand your family's needs, and answer questions about how we work and what we offer. Contact Amy Cameron (919)-931-2819 to make an appointment.

www.pathwaystreatmentcenter.org

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