



Newsletter September - November 2023



A Message From Catherine Catherine, REACH Founder/Director

Hi REACH parents!

Happy Fall! I hope this message finds you and your families well. As we are approaching the end of Fall term, I would like to take a moment and reflect on some accomplishments of this term and some exciting things happening moving forward.

- In September, we had our first 'parent gathering' at REACH which was a success! We plan on having another in January 2024 and will continue them quarterly. This will give you all an opportunity to connect with one another and for our BCBA's to provide some training with some of the techniques we use at REACH which will help you at home. We do hope you can make it in January.
- We have had some new therapists join our REACH team! Please join me in welcoming Issac and Marianna, as Jr. therapists, and Francheska as BCBA.
- You all will be receiving an anonymous online survey in the beginning of December. You will be asked to please fill-out this survey and send back to us at your earliest convenience. This will help us understand how REACH can better serve you and your children.

Fundraising is underway for the REACH kitchen!

At the REACH kitchen (which will be the heart of our Center), our kids will be learning life skills which are essential to increasing independence at home, at school and in the community! They will also gain confidence by learning general culinary and practical skills related to cooking, baking, food handling and safety in a supportive environment.





Our kitchen will also help our kids in the following areas:

- ▶ Improve self confidence in the kitchen, while working individually and in groups.
- ▶ Practice independent living skills, including time management, culinary math skills and nutritional science in an inclusive environment.
- ▶ Increase cultural awareness by exploring cuisines from a diverse range of cultures.
- ▶ Strengthen socialization, communication and presentation skills, while sharing their culinary work with other participants, therapists and at times, family members.
- ▶ Finally, by introducing these skills early, our kids will gain the tools that will allow them to increase self-esteem which will lead to more happiness in all areas of life.

Please help us make this life changing addition to our already amazing Center a reality! Any donation, big or small, will bring us closer to our goal.

To donate:

Please visit our website donate page <https://stichtingreachholland.nl/donate/> or you may donate by going to our REACH facebook page. <https://www.facebook.com/donate/313051915014749/>.

Also, please feel free to share this link to your family and friends on facebook, instagram or email.

- And finally, as a reminder **REACH IS CLOSED from Monday, 18 December 2023 - Sunday, 7 January 2024** for the kerstvakantie. Please take this opportunity to relax and recharge and enjoy the joy of the holiday season with family and friends.

Thank you for your collaboration and feedback. Please be assured that you are not alone in this process - we are in the together!

Updates from Ceren



Dear Parents,

Since our last newsletter, we entered the cozy fall season. Together with the help of our amazing clients and therapists, we decorated our “Fall Wall” together with our spooky h a l l o w e e n decorations. We are excited to announce



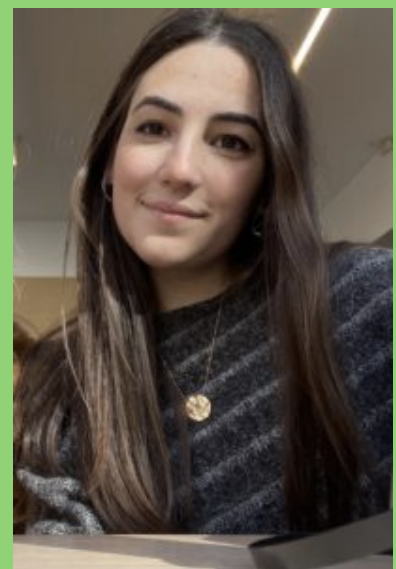
that this year our music therapist Natalia will organise **Christmas Music Time**. The clients who are part of her music group sessions will come together with their therapists to celebrate Christmas and make music together!

Save the Date: Our next parent gathering will be on **Friday January 26th, 16:00-17:30** here at **Van Bleyswijkstraat 85, Delft**.

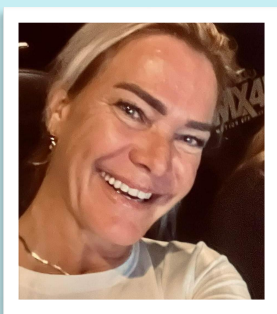
If you are interested in keeping updated about REACH activities and get to know our team more, follow us on Instagram @sitchingreach

MEET THE TEAM: GALYA

Hey there! I'm Galya, one of the junior therapists here at Reach. Originally from Turkey, I took the plunge and moved to the Netherlands in 2019 to pursue my passion for psychology at the University of Amsterdam. While completing my Master's in Clinical Child and Adolescent Psychology, I had the fantastic opportunity to cross paths with Reach during a six-month internship. To be honest, I loved every moment of working here so much that I decided to stick around! It's been an incredible journey, and I can't wait to continue supporting and connecting with the amazing children and their families at Reach. As if we don't cycle enough in the Netherlands, when I'm not at Reach, you'll likely find me enjoying an indoor cycling workout class, a newfound love I discovered here in the Netherlands. Besides that, I'm all about exploring new places and I have a passion for traveling. Looking forward to creating more smiles and positive experiences together!



CHRISTMAS ARTS AND CRAFTS FROM CHANTAL



Fine motor skills: Christmas decorations with paint, beads, stickers, markers, pencils... To make it more advanced you can make color categories! Draw lines in different colors and then they need to match color by color.

Then you work on 2 skills in one fine motor and matching!

Sensory bottles with or with out water: Without water you can make your own sound-maker. Feel free to reach out to chantal@stichtingreach.com to learn more about how to make these sound bottles.

Christmas Tree Decorating on the wall: You can make a tree from paper and hang up on the wall. Put tape or velcro on the tree and then the kids can decorate it however they wish with all kinds of material!



Fine Motor Pattern Activity
@toddlertimeactivities

