

# Blue Sky Behavioral

March 2024  
Volume 9, Issue 3

## News and Updates

Another month packed full of fun events for the Blue Sky crew. We celebrated Valentines Day with cookies, cupcakes and tons of Valentines crafts. Our theme in therapeutic groups this month was self-love and self-esteem. Residents learned why self-esteem is important and ways to boost their self-esteem.

We had a fun and relaxing Super Bowl party where we ordered in pizzas and watched the game on the big screen - go Chiefs! Residents were on a furry fix this month as we seemed to have animal visitors and outings every week. Residents enjoyed visits from their favorite four-legged visitor, Henry, and had a special surprise of puppies who stopped by to say hello with plenty of face licks. We took a trip to the Phoenix zoo and stopped by Carl's pet sanctuary for yet another visit. We were also lucky to get to go the Arabian Horse Show in Scottsdale where we got to see fun horse shows and awesome costumes.

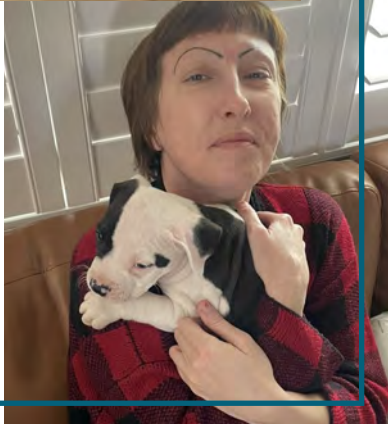
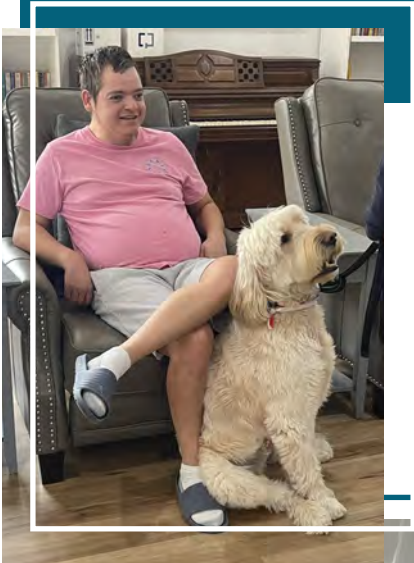
Residents had been asking to do a garage sale trip - so we packed the van and drove around hunting for the best deals. We had a great morning and ended it with lunch at IHOP.

Residents enjoyed two museum outings this month - one to Gilbert Historical Museum and one to Mesa Historical Museum. Check out our Facebook page where you can see a news clip of one of our staff being interviewed while at the museum and a few residents made a brief cameo in the background!

For March we are planning an Easter picnic, another zoo trip, shopping trips, restaurant outings, a spring training baseball game, and more!

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happy  
birthday

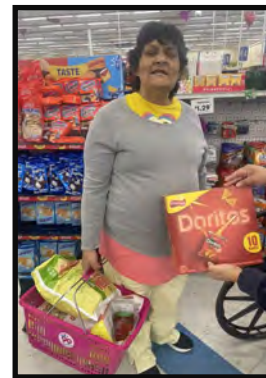
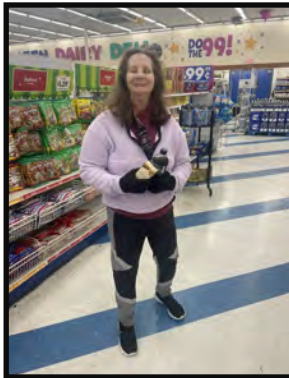
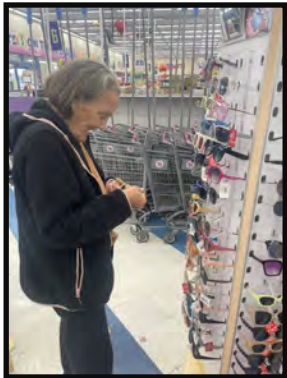
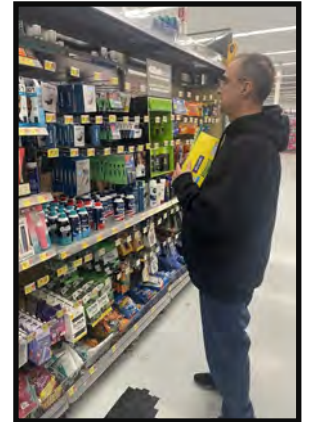
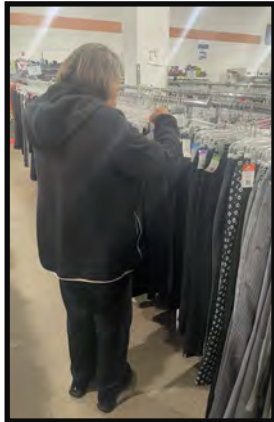
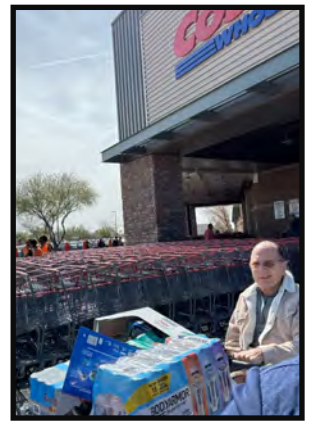
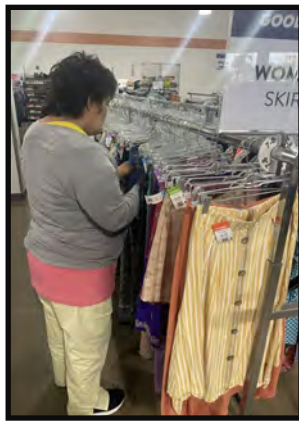
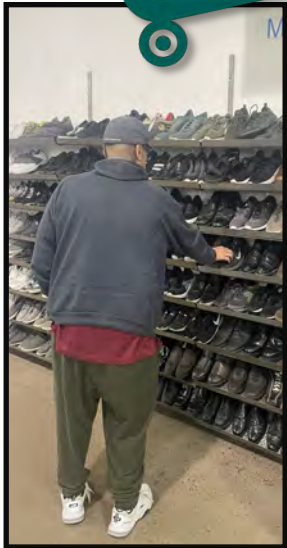
phoenixzoo  
ARIZONA CENTER for NATURE CONSERVATION











# **MESA** PUBLIC LIBRARY



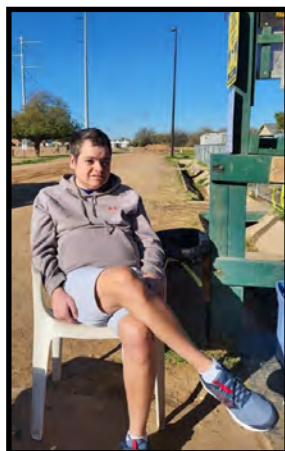
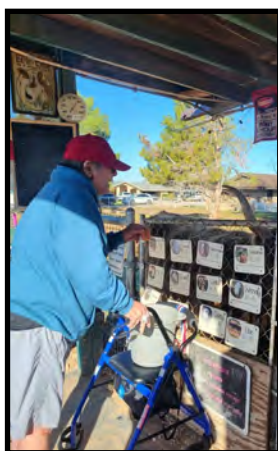
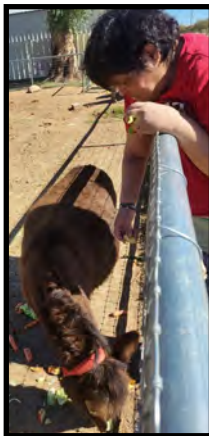


# GARAGE SALES

& Lunch at IHOP





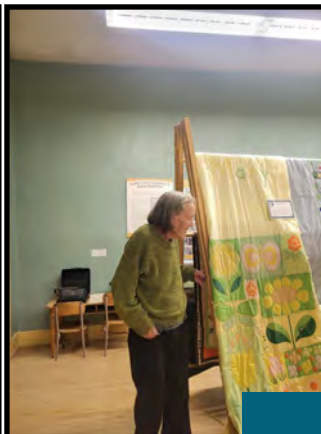
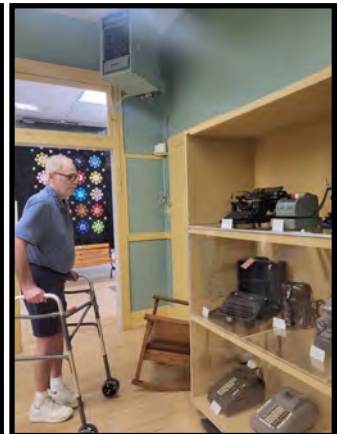


# PICNIC

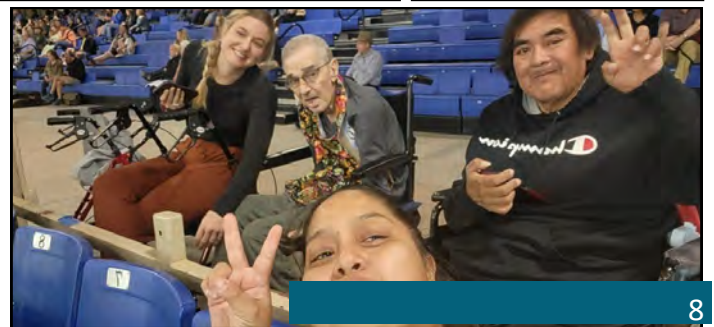
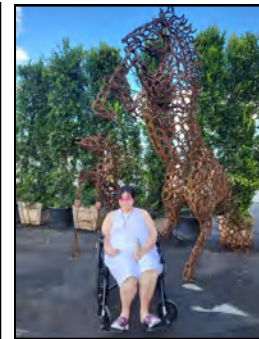
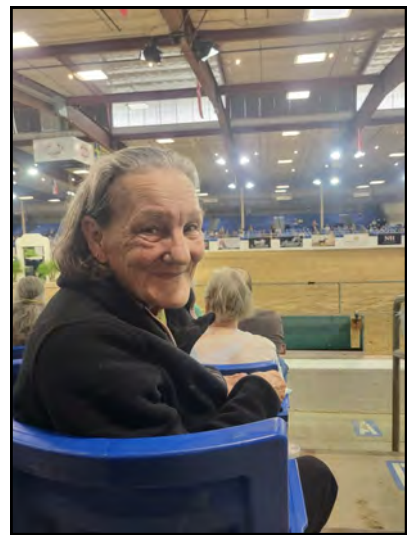
in the PARK













# Groups

Groups are held several times throughout the week at Blue Sky. Here is a snapshot of some of our groups this month.

## 1. Valentines Cookies

Can you really celebrate Valentines Day without sweets? We say no. Residents enjoyed decorated (and eating!) valentines cookies.

## 2. Self-Esteem Bags

In therapeutic groups this month we focused on self-esteem and self-love. Residents made bags and peers/staff dropped in anonymous compliments for residents to read when feeling down.

## 3. View of Me

Residents worked through groups focused on improving their overall self-esteem. In this group, residents focused on their favorite attributes of themselves.

## 4. Self-Esteem Dice

We rolled the dice to see what self-esteem prompts we chose to share with the group in this fun self-esteem dice game.

## 5. 'Guess What I Am' Game

We might have looked silly, but we had a blast wearing headbands with secret objects on them. We relied on our peers to give us clues to guess our mystery object.

