



Autism  
Family  
Services  
of  
Beaumont, LLC

"If you do it, do it on purpose!"

Volume 1, Issue 3

November 6, 2021

*Offering NEW Services: Virtual Counseling / Parent Training & Support Groups / Social Skills Groups*

## GIVING THANKS!

November is here! Wow, I really cannot believe this year has gone by so quickly. It seems like yesterday we were welcoming in the new year. Soon, we will be feeling the rush of the holiday season, and that can add more stress to an already stressful daily routine.

With the holidays approaching, many people begin to over extend their availability to others and oftentimes that causes quick burnout, especially if you are a busy parent to neurodivergent children, who, on occasion, require 100% of your energy and mental strength.

The days with less sunshine can creep into seasonal depression easily, and before you know it you are having a sobfest in the middle of Hobby Lobby after reading an inspirational quote plaque. Oh, that's just me? Well, nevermind that!

So what does November mean to you? Let's really reflect and dig deeper into this month of Thankfulness. I'll go first: November, to me, means cooler temps, for which I am very thankful, it means cooking more for family and friends (trying old and new recipes is fun when the kitchen is cooler!) and it

also provides me a place in the year to really *observe* the blessings around me.

Blessings are, by definition, **God's favor and protection**. When you say it like that, it puts things into a different perspective!

Philippians 4:6 reads: "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."

If we apply our understanding of God's favor and protection (Our Blessing) to what the scripture tells us, then we can see that the stress we feel during these short, hectic days does not have a purpose.

As I have written before, living life on purpose will set your mind to work in clarity. Purposeful living includes living in Blessings! And for that, I am *Thankful*.

*If You Do it., Do it on Purpose!*



## Visit Our Website

Check out our [website](#) to learn more about what services and supports we offer. You can become a member (It's Free!) to be added to our Newsletter mailing list. We promise not to sell your information and you can opt out at any time.

[Click here](#) to see these services.

***You will see that although our name includes Autism, our focus is the Family!***

### *Parent Training Groups* **NOW FORMING!**

Once - Per - Week VIRTUAL training sessions

Skills Covered:

- Increase communication & social skills
- Decrease tantrums & other problem behaviors
- Setting routines and schedules in your home

Call us for details! Limited Seating Available -  
Cost Friendly \* Day-time sessions \* Evening  
Sessions



## School Districts in Texas

We are booking professional development training for the fall semester! Please contact us for your workshop needs.



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Jennifer Ramirez, M.Ed., LPC-Associate, ACAS  
Jennifer treats individuals ages 2 & up who have an Autism Diagnosis or otherwise need behavioral, social or emotional intervention support. Assisting their families, providing behavioral approaches in helping clients find success in their home, school and communities, Jennifer is experienced in working with individuals who struggle with anxiety, executive functioning deficits, and social learning.

Additionally, support for school personnel is part of the research based approach to provide teacher mentor-ship and professional coaching for schools.

Clients will receive individualized care with an emphasis on mindfulness, respect and empowerment.

Jennifer is available for speaking engagements, professional development for private and public schools and parent training.

Jennifer is under supervision with:  
Tracy Williams, MA, LPC-S