

December 2020

Comanche/Stephens County

**Holiday Light Scavenger Hunt**

Have Fun!



www.DailyMessess.com<sup>ST</sup>

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**Build Your Self-Care Snowman**

Have a happy, healthy holiday season with these quick self-care tips.



**Learn to Make a Weighted Animal**

Looking for the perfect gift for a child with sensory needs?  
Great for kids that have ADHD & Autism

Join OFN December 17 at 7pm for a night of respite and learn how to make weighted bears with us. Register at with the eventbrite link below.

The holidays are a time for giving — so give yourself the time and energy to love and care for yourself.

Positive Healthy Inspiration  
Whitney Gordon, M.Ed.  
Mind.com

<https://www.eventbrite.com/e/weighted-stuffed-animal-tickets-117280841153?fbclid=IwAR0RQqOYPYxu1raSNfzNANPH1jACdJFIUo5oqyo2Pd6pZA5FqQImWTOLPgq>