



Happy New Year!

We hope you enjoyed the holidays and are having a great start to your new year. THRU Project has a lot of great things planned for this upcoming year and we can't wait to share new memories and moments with you!

Upcoming Events

healthy relationships *Thrive* CAMP

Last Three Saturdays of January
January 14th, 21st, and 28th
10:00am - 2:00pm



Each day you attend
you will receive a

Giftcard

THRU Project Office:

8103 Broadway, Suite
204 San Antonio, TX
78209



Lunch will be provided!

Uber rides are available!

RSVP with
alyssa@thruproject.org



www.thruproject.org | (210) 852-0220

THRU Project is hosting a three-day Healthy Relationships Life Skill event this month on **January 14th, 21st, and 28th** from **10:00 am to 2:00 pm** each day.

You will receive a gift card for each day you attend. We will also provide food, drinks, and transportation. Only a few spots remain open so if you are interested make sure to sign up!

Please RSVP to alyssa@thruproject.org and mention if you need transportation.

New Year, New You!

It's a new year and a great time to set new goals and intentions. New Year's Resolutions shouldn't be stressful or intimidating. We suggest that you start small with easy and attainable goals that give you quick results or make you feel good. Here are a few suggestions to help

House Cleaning Schedule

Daily

- Make Beds
- Start Laundry
- Empty Dishwasher
- Quick Sweep
- Wipe Down Kitchen Counters
- Do Dishes
- Fold and Put Away Laundry
- Vacuum (as needed)
- Pick Up and Put Away

Weekly

| | |
|--|---|
| Monday <ul style="list-style-type: none">Sweep & Mop FloorsSpot Clean Sofas & RugsClean Out Fridge | Wednesday <ul style="list-style-type: none">DustWipe Down Walls & Doors |
| Tuesday <ul style="list-style-type: none">Wash beddingBathroom Counters & MirrorsClean Oven & Microwave (As Needed) | Thursday <ul style="list-style-type: none">Clean Toilets & TubsOrganize & Declutter |
| | Friday <ul style="list-style-type: none">Meal PlanMisc: _____ |

"Have nothing in your house that you do not know to be useful or believe to be beautiful." -William Morris

www.makinghomebase.com

Cleaning Schedule

We know cleaning isn't fun but cleaning just a few minutes a day keeps your small messes from turning into a larger mess. Here is small check list to help you keep track of your cleaning. Click on the schedule for a larger view!

Volunteering

Volunteering is great for your physical and mental health! Not only does it make you feel good, but you are doing good for your community. There are so many volunteer opportunities for causes that you care about or that align with your interests. Click **HERE** to find all kinds of volunteer opportunities in San Antonio.

Bedtime Routine

Your sleep is so important! Not enough sleep can affect your mood, behaviors, and your physical and emotional health. Start a new bedtime routine to help wind down and get ready for bed.

Turn off your electronic devices 30 minutes before bed to take a break from the blue light.

Listen to calm music or ambient sounds to distract you from your worries and calm you down.

Some light yoga, stretching, and breathing exercises can go a long way toward relaxing you into sleep. See what works for you and add it to your bedtime routine.



Thru Project Holiday Party 2022



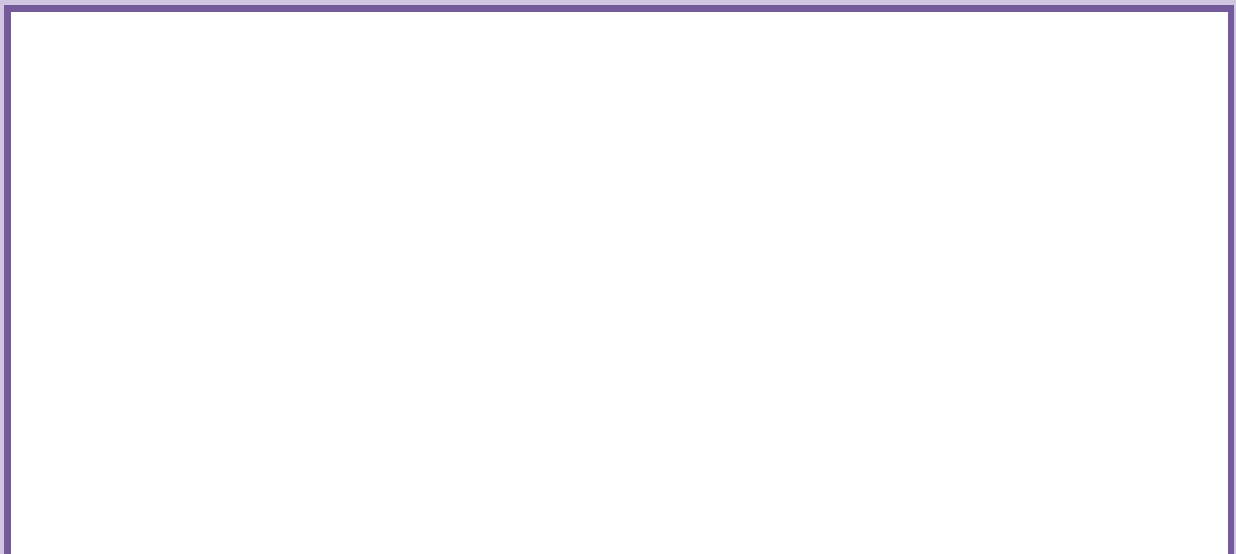
THRU PROJECT HOLIDAY PARTY 2022

THANK YOU FOR JOINING US!



Thank you to everyone who joined us at SeaWorld for our 2022 Holiday Party. We hope you enjoyed your time with your mentor and the THRU Project team. You can look forward to more great events like this in the future!

Mentee Spotlight





Khristan joined THRU Project in August of 2022 and is currently in our Mentoring and Next Step Housing programs. Khristan graduated from UTSA in December with a Bachelor's in Psychology. Khristan plans to work in research with her degree and further her education to graduate school.

Khristan's favorite memory with THRU Project was the recent Christmas Party. Khristan said, "There were lots of great spirited people there and fun things to do. The time ended up flying by because everyone was enjoying themselves so much."

We are so thankful to be a part of Khristan's journey to independence and will continue to support her future endeavors.

Way to go, Khristan! Birds Up!

QUESTIONS OR CONCERNS ABOUT YOUR MENTOR?

Email alyssa@thruproject.org or erin@thruproject.org to schedule a Zoom meeting.



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