



You can still have fun, even if you are stuck at home!

Like us on Facebook At
Luzio & Associates
Behavioral Services

See videos and access links
that offer more information
on mental health.

**We are now offering
telehealth services & you
can learn more on our
website!**

GROUPS!

Life Hacks: Boys Edition/
Every other Wednesday @
5:00pm/Middle School boys

Girl Power/ Every other
Monday @ 5:30pm/Middle
School girls

Girl Talk/ Every other
Wednesday @ 5:15pm/High
School girls

Self-Care isn't Selfish/ Every
other Tuesday @
5:00pm/Anyone over the
age of 18

Parenting Unplugged: The
Luzio Way/Fourth
Wednesday of each month
5:00-6:15pm/one session
group parenting program
\$15 per person/Insurance
not accepted

4411 Washington Ave. Suite
300 Evansville, IN 47714
812-479-1916

Written by: Emily Auten |
USI | Graduate Intern

Activities to do with your kiddos/family at home:

- Board game/card game night
- Create an indoor obstacle course
- Paint/draw/color pictures
- Read a book
- Watch a movie together
- Play with play-doh
- Have a fashion show
- Have a talent show
- Cook/bake a snack together
- Have a picnic on the floor
- Build a fort indoors
- Play tic-tac-toe
- Play "I spy"
- Play "Simon Says"
- Do a puzzle
- Indoor scavenger hunt

Activities for adults/teens to do at home:

- Write in a journal
- Read a book
- Try new recipes
- Catch up on school work
- Watch a new movie
- Complete a puzzle
- Facetime/skype friends or family members
- Find workout videos
- Yoga
- Coloring
- Rearrange/organize
- Play card games

Remember: Follow safety guidelines at your local, state, and National level to keep you and your family safe!