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December

“The year’s end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us.” – Hal Borland



This holiday season, countless families and individuals in our community are in need of basic household items. Your kindness can help bring warmth and joy to their celebrations.

We are currently seeking donations of:

- Blankets
- Pillows and pillowcases
- Bed sheets
- Bath towels, hand towels, and washcloths
- Shower curtains
- Kitchen towels and dishcloths
- Dish soap
- Laundry detergent
- All-purpose cleaners
- Pots and pans
- Gift cards for grocery stores

If you would like to donate, please reply to this email, and we will provide you with the drop-off locations. We have drop-off locations in Morris and La Salle. If you are located elsewhere we can arrange a pick-up. Thank you for your support!

Occupational Therapy

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We are excited to announce that we are once again offering pediatric Occupational Therapy! Occupational Therapy can help children develop the skills they need for everyday activities, like self-care, play, and learning. By addressing challenges in motor skills, sensory processing, and social interaction, OT supports children in building confidence, independence, and the ability to thrive in their environments. Sara is the newest member of our team! Continue reading to learn more about her!

Sara is an occupational therapist with over 10 years of experience working in community. Sara loves gardening, canoeing, and exploring nature with her family.

Sara uses a strengths based approach to support clients to connect and engage in life the way that they want to. Sara has experience supporting children and youth with brain and body differences (diagnoses such as adhd, autism, sensory processing differences, pathological demand avoidance, cerebral palsy, down syndrome and more). Being playful and leaning into what clients find interesting and fun is extremely important and rewarding for Sara.

Sara practices with the philosophy that the environment plays a huge role in how we are able to regulate, connect, learn and engage with the world in a meaningful way. Sara can support with home modifications and equipment to in response changes in mobility.

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and everyday life!

If you're concerned about your child's development or want to provide them with a little extra support to help them thrive, we're here to help! If you want to book an appointment with Sara you can respond to this email and we would be happy to help you out!

Thank you to everyone who has left us a 5 star review! We would like to share one of our most recent reviews!



Competent, thorough and professional. Looking forward to future appointments.

The PhysiGO team is amazing! I always feel great after getting any work done but more importantly I feel my concerns are being listened to and addressed accordingly. Thank you PhysiGO!!!!

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