



## What We Offer

### YOUTH ENRICHMENT SERVICES

This temporary community-based resource provides caregivers with a much needed break from the everyday challenges and stress they encounter.

### LIFE SUCCESS

This program provides services to youth between the ages of 5-17 and emphasizes the strengths, interests and talents of each youth involved.

### IN-SCHOOL SERVICES

These services aim to create a safe and healthy learning environment that meets the unique needs of every student. These services include life skills, student success and counseling.

### COUNSELING

These services focus on addressing a wide range of trauma-related symptoms, including anxiety, post-traumatic stress disorder (PTSD), anger, effects of abuse, and depression.

## Contents

*Our School Life Success Program continues to partner with several outstanding school districts to support student growth and achievement! This year, we're proud to be working with:*

- *Washington Elementary District*
- *Pendergast District*
- *Creighton District*
- *Roosevelt District*
- *The Leona Group*

## Reminders

**Keep all documentation up to date to prevent disruptions in services. Please reach out to your Care Specialist.**

**Invite your Care Specialist to CFT Meetings with other agencies.**

## Follow Us



# SEPTEMBER



**ZRPATH OFFICE CLOSED SEPTEMBER 1ST**  
Labor Day



## **YOUTH ENRICHMENT SERVICES HAPPENING EVERY WEEKEND OF SEPTMBER**

Friday 5pm - Sunday 2pm

Saturday 9am - 6pm (Day Only)

Sunday 9am - 4pm (Day Only)



# OCTOBER



## **YOUTH ENRICHMENT SERVICES HAPPENING EVERY WEEKEND OF OCTOBER**

Friday 5pm - Sunday 2pm

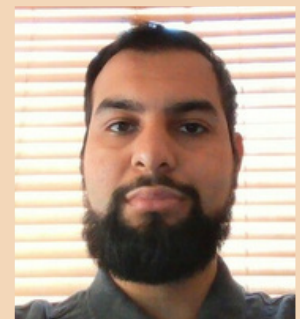
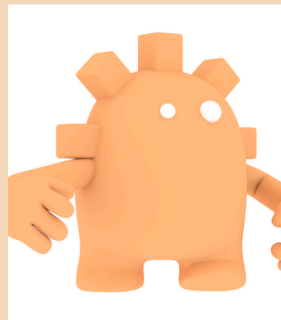
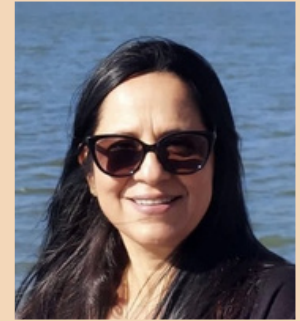
Saturday 9am - 6pm (Day Only)

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# Let's Meet the Phoenix Life Success Team

The Phoenix Life Success Team delivers the Zrpath Life Skills program, supporting youth ages 5-17 in developing essential life skills. Based on proven models from Teen Challenge and Casey Family Programs, the curriculum focuses on areas such as education, financial literacy, healthy choices, social skills, character building, and community involvement. Facilitators use modeling and positive reinforcement to build on each youth's strengths and promote long-term success.



Top Row: Joshawn P, Ashley D, Kimmie P, Eva S  
2nd Row: Dennis E, Susana P, Megan P, Dani M  
3rd Row: Ernest C, Rene M, Nancy F, Brooke L  
Bottom Row: Edna T (Supervisor), David M, Kendy L, Pablo S

# CHARACTER QUALITIES

## TEAMWORK

Definition: working together with other people to reach a goal.

Activity: Minefield

Set-Up: Scatter "obstacles" (cones, toys, etc.) in an open space.

How to Play: One child is blindfolded and guided through the "minefield" by teammates using only voice commands.

Teamwork Lesson: Trust, clear communication, listening skills.

## DILIGENCE

Definition: working hard and not giving up, even when something is tough.

Activity: Puzzle Power

Materials: Puzzles of varying difficulty.

Goal: Complete a large puzzle together or small puzzles individually.

Why It Works: Requires focus, patience, and persistence.

## TOLERANCE

Definition: accepting and respecting people who are different from you.

Activity: "Same and Different" Game

How to Play: Go around in a circle, and each child shares:

One thing that makes them the same as others and One thing that makes them different

## EMPATHY

Definition: understanding how someone else feels and caring about their feelings

Activity: "Feelings Charades"

How to Play: Write different feelings on cards (happy, nervous, excited, lonely, frustrated). Kids act them out—others guess!

Discussion: "Have you ever felt that way? What helped you?"

# NO-BOIL PASTA BAKE



## INGREDIENTS:

- 1 Tbsp olive oil
- 16 ounces small shaped pasta such as penne, fusilli, or ziti
- 1/2 cup finely grated carrot or any veggies you like
- 1 cup finely chopped baby spinach or any leafy greens
- 1/3 cup grated parmesan cheese
- 24-28 ounce jar marinara sauce (Rao's in my favorite)
- 2 1/2 cups water
- 2 cups shredded mozzarella cheese

## DIRECTIONS:

1. Preheat oven to 400 degrees. Grease a 9-by-13-inch baking pan with the olive oil.
2. Add pasta, veggies, parmesan cheese, and marinara sauce to the baking pan. Stir well to mix then spread into an even layer. Pour water over the top then give the pan a shake or stir a bit to make sure the water is evenly distributed.
3. Cover the pan tightly with aluminum foil and bake for 35 to 40 minutes. (If you pasta still seems undercooked at this time, see note below.)
4. Carefully remove foil with an oven mitt then sprinkle mozzarella cheese evenly over the top of the pasta. Broil until cheese is golden brown. Serve warm.

Note: If the pasta is still undercooked after the cook time instructed, stir it up and make sure there is still some liquid in the pan. If the liquid has been fully absorbed, add an additional cup of water and cover the pan tightly with foil. Place the pan back in the oven and cook for 20 more minutes then taste the pasta again.



The Kids Bowl Free Bowling Program is available in our community, and we wanted to make sure your family knows about this amazing opportunity!

Each child receives 2 FREE games of bowling every day at participating bowling centers.

### How to Register:

Go to [www.KidsBowlFree.com](http://www.KidsBowlFree.com)

Select your state and then choose a participating bowling center

Register your children to receive free bowling all summer

Sign up for the optional Family Pass so parents, grandparents, and older siblings can join in the fun!

