



## 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.

### FAMILY SUCCESS

Supporting families in behavioral health to build a stronger tomorrow, offering child advocacy, resource navigation, food and housing support, and career readiness services for caregivers.

## New Year Resolutions

*As we welcome the new year, it's a great time to set fresh intentions and focus on meaningful goals. Whether you want to try something new, boost well-being, or celebrate small wins, a little motivation helps.*

*To keep it fun, I've included a [Bingoals](#) page to track and celebrate all your accomplishments along the way. Let's make 2026 our most inspired year yet!*

## 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



# JANUARY



## YOUTH ENRICHMENT SERVICES HAPPENING EVERY WEEKEND OF JANUARY

Friday 5pm - Sunday 2pm

Saturday 9am - 6pm (Day Only)

Sunday 9am - 4pm (Day Only)

### ZRPATH OFFICE CLOSED

January 1<sup>st</sup> - New Year's Day

January 19<sup>th</sup> - Martin Luther King Jr Day



# FEBRUARY



## YOUTH ENRICHMENT SERVICES HAPPENING EVERY WEEKEND OF FEBRUARY

Friday 5pm - Sunday 2pm

Saturday 9am - 6pm (Day Only)

Sunday 9am - 4pm (Day Only)

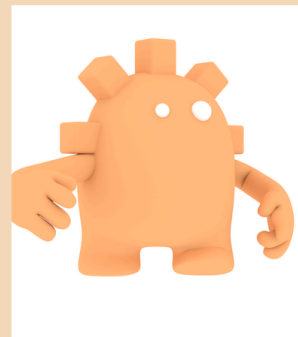
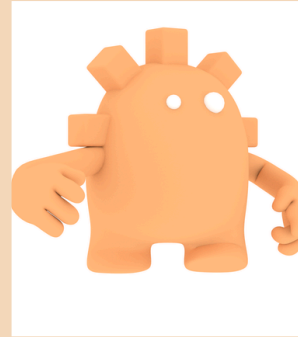
### ZRPATH OFFICE CLOSED

February 16<sup>th</sup> - President's Day



# Let's Meet the Tucson Youth Enrichment Team

The Tucson Youth Enrichment Team provides planned and unplanned respite care, giving caregivers a needed break and helping prevent crisis situations. These services offer a safe, culturally responsive, and therapeutic environment where youth can reset and families can stabilize. Together, both teams work to strengthen and support the youth and families of Tucson.



Top Row: Cassandra S (Supervisor)  
Second Row: Catalina G, Alan C, Analisa F, Mandi L  
Third Row: Hector G, Elisa A, Sean H, Elena A  
Bottom Row: Makia M, Melissa D, Ava B, Araceli S

# CHARACTER QUALITIES

## PATIENCE

"The Slow Grow Garden"

Plant seeds in small pots and water them gently. Have kids check on their plants daily and track growth with a simple chart. They'll learn that patience helps things grow!

## CONTENTMENT

"Gratitude Jar"

Give kids a jar and some slips of paper. Each day, have them write or draw one thing they're happy or thankful for and drop it in the jar. Over time, they'll see how much they already have to be content with!

## LOVE

"Kindness Cards"

Have kids make little cards or notes for family, friends, or neighbors. Encourage them to write or draw something kind and give it to someone. It's a fun way to show love and care!

## RESPECT

"Listening Circle"

// Have kids sit in a circle and take turns sharing something about their day or a story. Everyone practices listening without interrupting and responding kindly. It teaches respect for others' thoughts and feelings.

# TATOR TOT CASSEROLE



## INGREDIENTS:

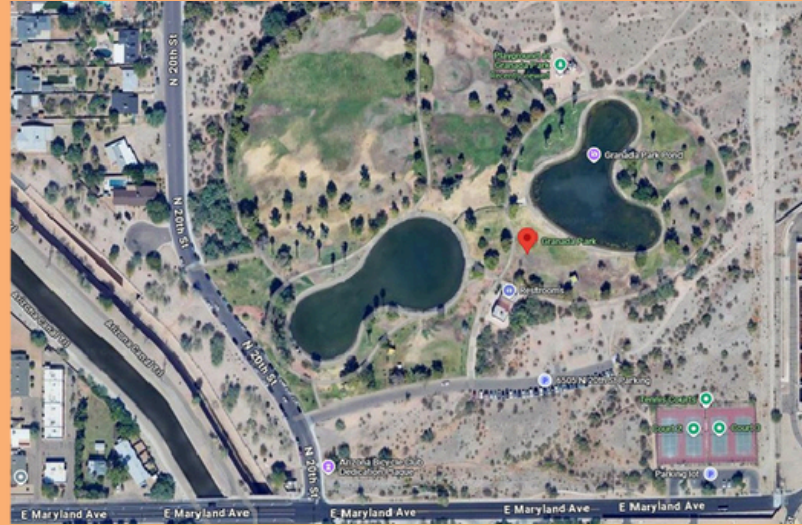
- Cooking spray
- 1 teaspoon neutral oil
- 1 1/2 pounds lean ground beef
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 2 cans condensed cream of mushroom soup
- 1/2 cup sour cream
- 8 ounces shredded cheddar cheese
- 10 oz bag frozen cut green beans
- 24 to 32 ounces frozen tater tots

## DIRECTIONS:

1. Heat the oven to 400°F. Coat a 9x13-inch baking dish with cooking spray.
2. Heat 1 teaspoon neutral oil in a large skillet over medium-high heat until shimmering. Add 1 1/2 pounds lean ground beef, 1/4 teaspoon kosher salt, and 1/4 teaspoon black pepper. Cook, breaking up the meat into bite-size pieces, until cooked through and no longer pink, 8 to 10 minutes.
3. Transfer the meat to the baking dish. Add 2 (10.5-ounce) cans condensed cream of mushroom soup, 1/2 cup sour cream, and 2 ounces shredded sharp cheddar cheese (about 1/2 cup). Stir to combine. Spread into an even layer. Arrange 1 (10-ounce) bag frozen cut green beans in an even layer over the soup mixture. Arrange 24 to 32 ounces frozen tater tots on top in an even layer.
4. Bake for 20 minutes. Sprinkle evenly with the remaining 6 ounces shredded sharp cheddar cheese (1 1/2 cups). Continue baking until the filling is bubbling around the edges, the cheese on top is melted, and the tater tots are golden-brown, 15 to 20 minutes more.



NEW PARK PICK UP/DROP OFF LOCATIONS  
BEGINNING DECEMBER 5TH, 2025



**Greenfield Park**

Located at 4228 E. Pueblo Ave., Mesa, AZ 85206, on Greenfield, south of Broadway, will replace Freestone Park.


**Granada Park**

Located at 6505 N. 19th St., Phoenix, AZ 85016, on 20th St. between Maryland and Glendale, will replace Encanto Sports Complex.

*My*

# BINGOALS

*this year!*

		Free Space 		

# THINGS TO DO



## >>> BUBBLE FEST @ ARIZONA BOARDWALK

9500 East Vía de Ventura,  
Scottsdale, AZ 85256

January 24<sup>th</sup>, 2026

12pm-3pm

## KIDS ONLY MARKET <<<

13105 East Colossal Cave Road

Vail, AZ 85641

January 17<sup>th</sup>, 2026

9am-1pm

The logo for 'CHILDREN'S ENTREPRENEUR market'. 'CHILDREN'S' is in red, 'ENTREPRENEUR' is in green, and 'market' is in a black script font. There are two hand icons, one red and one green, above the word 'ENTREPRENEUR'.

CHILDREN'S  
ENTREPRENEUR  
market

KIDS MARKETS IN  
TUCSON, AZ



## >>> 5K COLOR RUN

282 N 12TH AVE  
Yuma, AZ 85364

January 24<sup>th</sup>, 2026

10am