



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.



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



MARCH

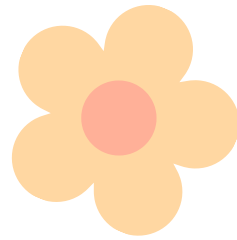


YOUTH ENRICHMENT SERVICES HAPPENING EVERY WEEKEND OF MAY

Friday 5pm - Sunday 2pm
Saturday 9am - 6pm (Day Only)
Sunday 9am - 4pm (Day Only)

YOUTH ENRICHMENT SPRING BREAK PROGRAM

Phoenix Region - March 17 & 18
Tucson Region - March 17 & 18
Yuma Region - March 31



APRIL

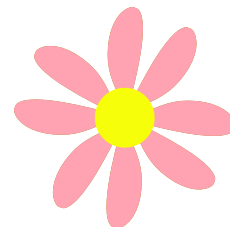


YOUTH ENRICHMENT SERVICES HAPPENING EVERY WEEKEND OF JUNE

Friday 5pm - Sunday 2pm
Saturday 9am - 6pm (Day Only)
Sunday 9am - 4pm (Day Only)

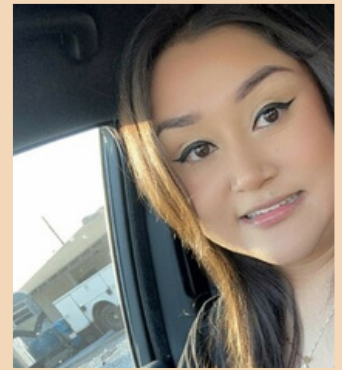
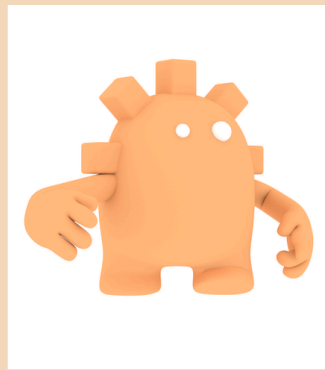
YOUTH ENRICHMENT SPRING BREAK PROGRAM

Yuma Region - April 2

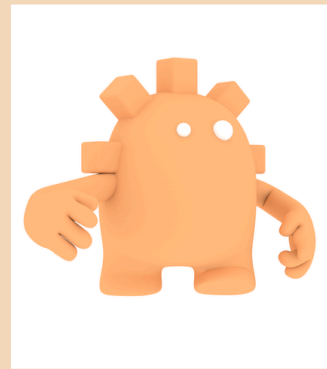
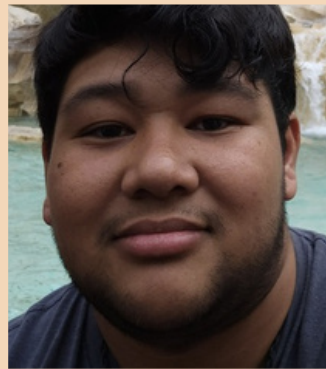
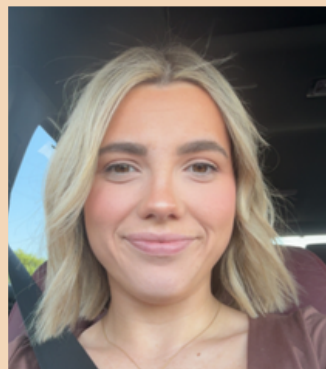
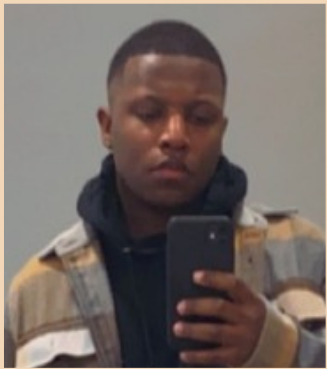


Let's Meet the Phoenix Youth Enrichment Team

The Phoenix Youth Enrichment team provides compassionate, community-based respite care designed to support youth and the caregivers who care for them. By offering both planned and unplanned respite services, the team gives families a much-needed break from everyday stresses while helping prevent crisis situations and placement disruptions. Whether providing a structured, preventative stay or a short-term “cool down” period during challenging times, Phoenix Youth Enrichment is committed to delivering safe, secure, culturally relevant, and therapeutically sound support that strengthens families and promotes stability.



Top Row: Christine D (Supervisor)
Second Row: Sam AB, Brennah HR, Dan A, Erika LR
Third Row: Lionel M, Sirius R, Carolyn H, John H
Bottom Row: Kay C, Anthony G, Kristy L, Neil B



Top Row: Jay S, Ryleigh A, Shirley K, Tatum B
 Second Row: Larry G, Kenna B, Whitley M, Christy S
 Third Row: Brittany S, Stefani W, Lily H, Katya SF
 Bottom Row: Nataly A, Francis O, Donovan B, Carolyn T

CHARACTER QUALITIES

PUNCTUALITY

The Punctuality Race

Teach kids the importance of being on time through a timed challenge. Give the kids a simple task to do. Start the timer and have them complete the task before time ends.

After each round, talk about how they felt and how being on time helps in real life.

RESPONSIBILITY

Responsibility Checklist

Write down simple tasks that the kids are responsible for, like feeding a pet, picking up toys, or making their bed.

Give each child a task to complete from the checklist.

Have the kids complete their task, and then check it off the list.

INITIATIVE

Idea Jar Challenge

Write down various fun activities or challenges on small slips of paper. Each child takes turns drawing a slip of paper from the jar. After reading the activity, the child is encouraged to take the initiative to complete the task on their own. Once the activity is completed, talk about how it felt to take the initiative and how it helped.

CREATIVITY

Story Stone

Have the kids paint or draw simple pictures on each stone. Once the stones are dry, mix them up in a container. Each child picks 3-5 stones and creates a short story using the pictures on the stones.

Encourage the kids to think creatively about how the images can connect to form a fun, imaginative story.

EASY BAKED MAC N CHEESE



INGREDIENTS:

- 16 oz box elbow macaroni noodles
- 1/2 cup + 2 Tbsp butter, divided
- 1/3 cup flour
- 3 cups milk
- 12 oz cheese
- 3/4 tsp salt
- 1/4 tsp pepper
- 4 TBSP bread crumbs (Italian style or plain)

DIRECTIONS:

1. Cook macaroni noodles and drain.
2. Preheat oven to 375 degrees.
3. In a saucepan, melt 1/2 cup (1 stick) butter over medium heat. Stir in flour. Slowly add milk, stirring. Bring to a boil and stir for 2 minutes. Turn off the burner and add the cheese, salt, and pepper, stirring until the cheese is melted. Add the elbow macaroni noodles and mix well.
4. Turn into a 2 quart casserole dish or 9×13" pan.
5. Mix together 2 TB melted, butter, 4 TB bread crumbs, and a dash of pepper. Sprinkle over the mac 'n cheese.
6. Bake for 30 minutes.

Spring Break Day Trip Ideas

- 1. Tonto National Forest - Perfect for outdoor lovers!** Tonto National Forest offers hiking, picnicking, and fishing. Explore the Salt River or hike to the Hieroglyphic Trail, where you'll see petroglyphs and stunning desert views. You can also go boating or tubing along the river.
- 2. Usery Mountain Regional Park - A great place for hiking, biking, or just enjoying nature.** The Wind Cave Trail offers a moderate hike with a rewarding view. This park also has campsites if you want to extend your trip.
- 3. Arizona Museum of Natural History - Located in Mesa, this museum is perfect for families or anyone interested in the natural world.** It has exhibits on dinosaurs, fossils, ancient civilizations, and more. It's both educational and fun!
- 4. Saguaro Lake - Take a boat tour or rent a kayak or paddleboard to explore the lake.** The surrounding scenery is beautiful, and you can enjoy some peaceful time by the water. There's also great fishing here!
- 5. Desert Botanical Garden (Phoenix) - Just a short drive from Mesa, the Desert Botanical Garden showcases the beauty of desert plants.** The springtime blooms are a great sight! You can also check out special exhibits and enjoy a relaxing stroll.
- 6. Apache Trail Scenic Drive - Take a scenic drive through the Superstition Mountains, passing through small towns, old mines, and breathtaking landscapes.** You can stop by Lost Dutchman State Park for a hike or picnic.
- 7. Goldfield Ghost Town - Explore a fun, historical ghost town located just outside Mesa.** Goldfield offers tours, an old-west themed setting, and even a mine tour. You can also pan for gold, ride a train, and explore the shops.
- 8. Cultural Experiences - Visit Mesa Arts Center for galleries, performing arts, and exhibits.** If you're into Native American culture, consider a visit to the nearby Pueblo Grande Museum or The Heard Museum in Phoenix.
- 9. Roosevelt Lake - Another great option for outdoor activities like boating, fishing, or hiking.** The lake is surrounded by beautiful desert landscape and offers a peaceful retreat.