



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



MAY



YOUTH ENRICHMENT SERVICES HAPPENING EVERY WEEKEND OF MAY

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

ZRPATH OFFICE CLOSED MAY 25TH
Memorial Day



YOUTH ENRICHMENT SUMMER PROGRAM STARTS MAY 27TH

Tuesday - Thursday 9am - 4pm



JUNE



YOUTH ENRICHMENT SERVICES HAPPENING EVERY WEEKEND OF JUNE

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

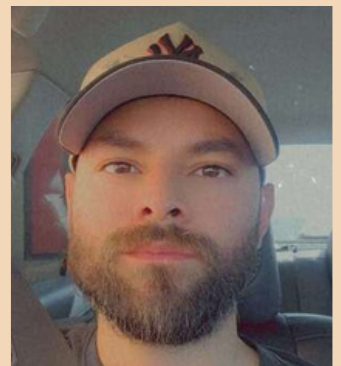
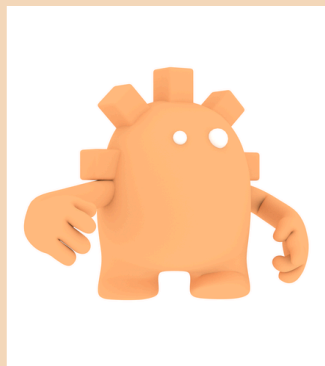
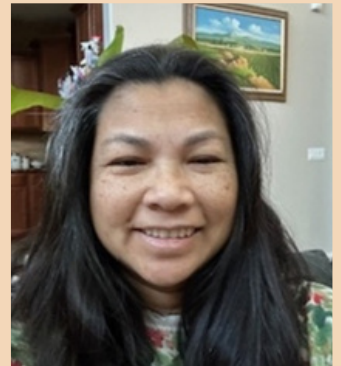
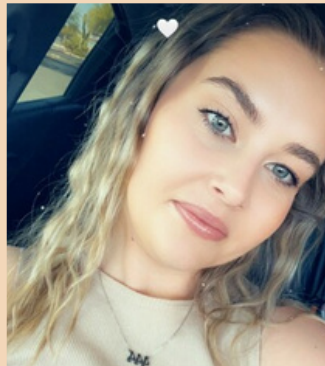
YOUTH ENRICHMENT SUMMER PROGRAM

Monday - Thursday 9am - 4pm



Let's Meet the Tucson Life Success Team

The Tucson 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: Danielle R (Supervisor), Dalton A, Miche C, Pablo C
Middle Row: Daniel F, Brianna G, Andres GR, Souphaphone H
Bottom Row: Paulette M, Celeste PE, Sammy P, Carlos PG

Let's Meet the Tucson Life Success Team



Top Row: Adrianna P, Jaclyn P, Jonathan R
Middle Row: Angelica S, Amber Sl, Amber St
Third Row: Melinda T, Rene T, Vaughn V

CHARACTER QUALITIES

WISDOM

Wisdom means using what you know to make good choices.

Draw the Wise Choice!

Kids can draw a picture of the wise thing to do. Create a "Wisdom Wall" where you display their wise choices to remind them of everyday kindness and good decisions.

SELF CONTROL

Self-control means stopping yourself from doing something you know you shouldn't

"Freeze & Think" Game

Play music. Kids dance, jump, or move around. Stop music and everyone freezes. Think! - Ask a question like: "Your friend took your toy - what do you do?" "You want candy before dinner - what should you do?" Let kids share a calm, smart choice. Then play again!

MODESTY

Modesty means being humble and not showing off.

Brag or Modest? Game

Read a sentence. Kids decide if it's bragging (thumbs down) or modest (thumbs up). Example Sentences: "I'm the best at drawing!" "I practiced a lot to get better." Ask, "Why is that bragging/modest?" Let kids create their own brag and modest sentences.

NEATNESS

Neatness means keeping things tidy and organized.

"Neatness Challenge"

Create a messy area (toys, books, etc.) and say, "Let's clean up quickly and neatly!" Time them as they clean. The goal is to be both fast and neat! Ask, "How did we keep everything in the right place?" Celebrate their effort with a sticker or praise!

STRAWBERRY BREAKFAST COOKIES



INGREDIENTS:

- 3/4 cup unsweetened applesauce or mashed banana
- 1/4 cup oil (avocado or canola)
- 1/4 cup maple syrup or honey
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- 1 tsp baking powder
- 1/4 tsp fine salt
- 3 tbsp ground flax seed and/or hemp seeds (optional)
- 1 cup rolled oats
- 3/4 cup white whole wheat flour or whole wheat flour or 1 cup all-purpose or gluten-free flour blend
- 1 cup finely chopped strawberries

DIRECTIONS:

1. Heat the oven to 350 degrees. Line a baking sheet with parchment paper or use a silicone mat.
2. Add the applesauce, oil, maple syrup, and vanilla to a large bowl. Whisk to combine.
3. Whisk in the cinnamon, baking powder, salt, and seeds, if using.
4. Add the oats and flour then mix with a large spoon or spatula until almost all of the dry ingredients are combined. Gently mix in the strawberries until they are evenly distributed throughout the batter.
5. Scoop the batter onto the baking sheet. (I like to make large cookies with a 1/4 cup scoop, but you can also make smaller ones.)
6. Bake until the cookies are golden brown around the edges and look dry in the centers, 15 to 20 minutes.
7. Allow the cookies to cool then enjoy. Store in an airtight container at room temperature for 1 day, in the fridge for 4 to 5 days, or freeze up to 2 months.

Excessive Heat Warning

Safety Tips:

Stay Informed

1. Look out for signs and symptoms of heat related illnesses.
2. Check the weather forecast for temperature, humidity, and UV index
3. Check in regularly with friends, family, and neighbors who may be more vulnerable to heat exhaustion or heat stroke.

Stay Hydrated

1. Drink plenty of water throughout the day
2. Avoid alcohol and drinks with high caffeine or sugar
3. Check the guidelines for adequate hydration when doing moderate activities in the heat.

Stay Cool

1. Limit your outdoor activity to when it's coolest, like morning and evening hours
2. Do not leave children or pets alone in a parked car. The temperature inside can rise quickly and become deadly.

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness



Heat Stroke

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!



SunWise

1. Limit sun exposure with sunglasses, hats, and lightweight clothing
2. Use SPF 30+ sunscreen to protect your skin from UV rays