



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.

Summer Program

We're excited to announce that our Youth Enrichment Program will be offering a Summer Program this year! The program will run Monday through Thursday during the months of June and July. If you are interested in enrolling your child, or if you have any questions, please don't hesitate to reach out to us at scheduling@zrpath.com.

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 26TH
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 Counseling Team

At Zrpath, we support children and families facing trauma and emotional distress. Our compassionate clinicians help youth heal and thrive, addressing issues like anxiety, PTSD, depression, anger, and abuse. We offer individualized care focused on improving well-being and overall functioning.

Our counselors work closely with children in one-on-one and family settings, prioritizing the child's well-being. We encourage family involvement to create a safe, supportive healing environment. Each clinician develops a personalized treatment plan tailored to each child's needs. Treatment is flexible and can take place in community settings such as the home or school. We're here to offer empathy, expertise, and hope as families navigate their journey.

We currently have immediate openings for new clients and are ready to support your child through their unique challenges. Whether they're dealing with anxiety, trauma, or other emotional struggles, our team is here to help them heal and thrive. Contact us today to schedule an appointment and take the first step toward your child's emotional well-being and growth.



Top Row: Danise L, Jeannette LB, Carlotta H, Leticia S
Bottom Row: Monique C, Brandon B, Gabriella F, Meredith C
No Photographed: Travis M.

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!

MICROWAVE EGG SANDWICH



INGREDIENTS:

- 1 piece Canadian bacon
- 1/4 cup egg substitute
- 1 tablespoon salsa
- 1 tablespoon shredded reduced-fat cheddar cheese
- 1 whole wheat English muffin, split, toasted
- 3 spinach leaves

DIRECTIONS:

1. Place Canadian bacon on bottom of a 6-oz. ramekin or custard cup coated with cooking spray. Pour egg substitute over top. Microwave, uncovered, on high for 30 seconds; stir. Microwave 15-30 seconds or until egg is almost set. Top with salsa; sprinkle with cheese. Microwave just until cheese is melted, about 10 seconds.
2. Line bottom of English muffin with spinach. Place egg and Canadian bacon over spinach; replace English muffin top.

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.

SunWise

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