



ZR Note

October 2024

Zrpath

Issue 3

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, posttraumatic stress disorder (PTSD), anger, the effects of sexual abuse, and depression.



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



CHARACTER

QUALITIES

TOLERANCE

Definition: willingness to accept feelings, habits, or beliefs that are different from your own

Encourage self-confidence. A child who is confident about him/herself will be more likely to embrace differences and see the value in others.

EMPATHY

Definition: the ability to understand and share the feelings of another

In groups will be presented with an empathy focused icebreaker question, Randomly pair kids one-on-one or in a small group to answer the question. At the end, come together to share something that was learned!

GRATEFULNESS

Definition: feeling thankful or appreciative for things you have or are given

Gratefulness Rocks
Using smooth, flat rocks(2-3" in size) and paint markers, have the kids decorate rocks with things they are grateful for. They can use them to decorate their table at Thanksgiving, their yard or home.

GENEROSITY

Definition: willingness to give or to share unselfishly

Important Questions
Ask the kids to share ways that they could be generous. Then have them share times that they or someone they know has been generous.

FORGIVENESS

Definition: the action or process of forgiving or being forgiven

Encourage the kids to practice forgiving one another when a mistake is made

COURAGE

Definition: the ability to do something that frightens you

Have the kids write out a list of their fears. Have them choose one simple fear and make it their goal to beat that fear. Once they beat that fear they can choose another.



PUMPKIN PIE

INGREDIENTS:

- 1 (15 oz) can pumpkin puree
- 1 (14 oz) can sweetened condensed milk
- 2 large eggs
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 (9-inch) unbaked pie crust

INSTRUCTIONS:

Prepare Filling: In a large mixing bowl, combine the pumpkin puree, sweetened condensed milk, eggs, cinnamon, ginger, nutmeg, and salt. Mix until well blended.

Bake: Bake in the preheated oven for 15 minutes. Then, reduce the oven temperature to 350°F and continue baking for 35-40 minutes, or until a knife inserted near the center comes out clean.

HOT DOC MUMMIES

INGREDIENTS:

- One 8-ounce tube crescent dough
- 8 bun-length hot dogs
- 1 slice white American cheese
- Ketchup and/or mustard

INSTRUCTIONS:

Cut the dough lengthwise into 8 long strips. Wind the dough around the hot dog. Crisscross the dough every so often so it looks like mummy wrappings. Bake until golden brown, about 15 minutes.





Halloween Safety Tips: Keep the Spooktacular Fun Safe!

As Halloween approaches, excitement fills the air with costumes, decorations, and sweet treats! However, it's important to prioritize safety while enjoying this festive season. Here are some essential tips to ensure a fun and safe Halloween for everyone:

1. Costume Safety:

Opt for costumes in bright colors or add reflective tape to help increase visibility after dark. Ensure costumes are the right size to prevent trips and falls. Avoid long capes or oversized costumes that could cause accidents.

2. Trick-or-Treating Tips:

Stick to familiar neighborhoods and plan your route in advance. Share it with a trusted adult. Always go trick-or-treating with friends or family. There's safety in numbers! Use crosswalks, look both ways, and avoid darting into the street.

3. Home Safety:

Remove any obstacles or decorations that might cause tripping on your porch or walkway. Ensure your home is well-lit for trick-or-treaters and to deter unwanted visitors. Keep pets indoors and away from the front door to prevent any accidents or escapes.

4. Food Safety:

Always check candy and treats before eating. Discard anything that looks suspicious or is unwrapped. Be mindful of allergies when handing out treats. Offering non-candy alternatives can be a great option!

5. Fire Safety:

If using candles in jack-o'-lanterns, consider using LED lights to reduce fire risks. Ensure that all decorations are placed away from candles, heat sources, and open flames.

6. Be Mindful of Scares:

Keep in mind that not everyone enjoys jump scares. Be considerate of others' feelings, especially young children.

By following these safety tips, you can ensure that Halloween remains a delightful and safe experience for all. Enjoy the festivities, embrace the spooky spirit, and have a fantastic Halloween!

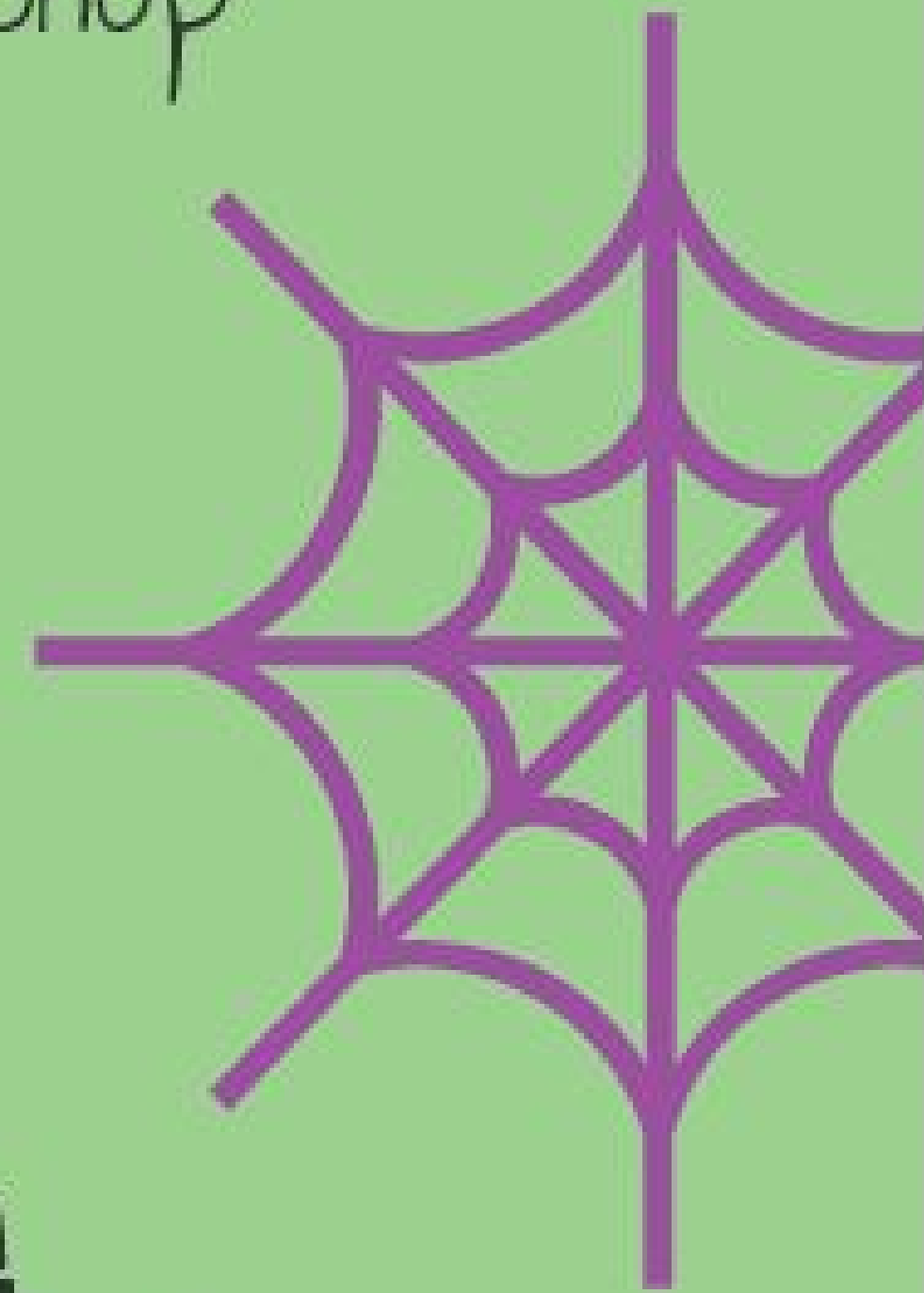


Phoenix

Salute to Veterans Trunk or Treat
October 26th, 2024 8am-1pm
Bass Pro Shop

Tucson

Trunk or Treat Tucson
October 26th, 2024 3pm-5pm
7959 N Swan Rd 85712



Yuma

Scary and Safe Trick or Treat
October 31st, 2024 5pm-8pm
Yuma County Fairgrounds

