



Zrnote

January 2025

Zrpath

Issue 4

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



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.

January

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Friday 5 pm - Sunday 2 pm (overnight) Saturday 9 am - 6 pm & Sunday 9 am - 4 pm (day only)		1 Zrpath Closed	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20 Zrpath Closed	21	22	23	24	25	26
27	28	29	30	31		

zrpath

February

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Friday 5 pm - Sunday 2 pm (overnight) Saturday 9 am - 6 pm (day only) Sunday 9 am - 4 pm (day only)					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 Zrpath Closed	18	19	20	21	22	23
24	25	26	27	28		

zrpath

Calendar

Frito Pie

Ingredients

- 1 pound ground beef
- 1 medium onion, chopped
- 2 cans (15 ounces) Ranch Style beans
- 1 package Frito corn chips
- 2 cans (10 ounces) enchilada sauce
- 2 cups shredded cheddar cheese



Directions

1. Preheat oven to 350°. In a large skillet, cook beef and onion over medium heat 6-8 minutes or until beef is no longer pink and onion is tender, crumbling meat; drain. Stir in beans; heat through.
2. Reserve 1 cup corn chips for topping. Place remaining corn chips in a greased 13x9-in. baking dish. Layer with meat mixture, enchilada sauce and cheese; top with reserved chips.
3. Bake, uncovered, 15-20 minutes or until cheese is melted. If desired, sprinkle with green onion.

S'Mores in a Bag

Ingredients

- 1 snack-sized bags of Teddy Grahams®
- 1 fun size chocolate candy bar, broken into pieces
- 3 jumbo marshmallows

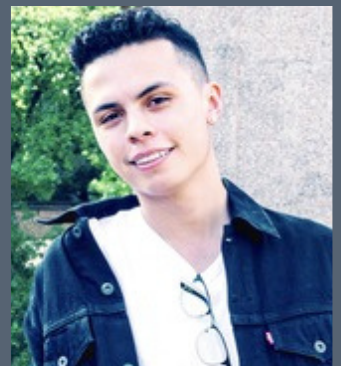
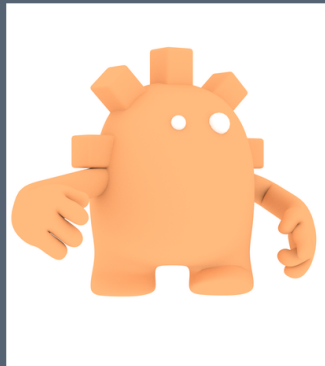
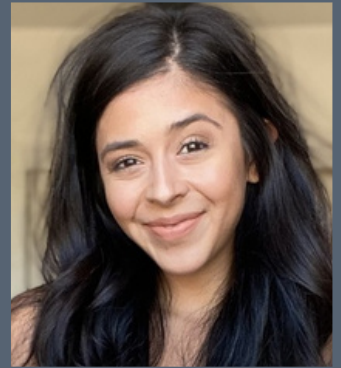
Directions

1. Open snack bags and add chocolate pieces.
2. Roast marshmallows and add marshmallows to bag. Allow the warmth of the marshmallows to melt the chocolate, mix cookie-marshmallow mixture around slightly, and serve immediately.



Let's Meet the Care Specialist Team

Care Specialists assist children with behavioral health diagnoses by developing personalized care plans and helping them access community services. They assess the child's physical and mental health, needs, and preferences to create tailored plans, working closely with families and behavioral health agencies. They track the child's progress through regular documentation and adjust care plans as needed. By building strong relationships with the families and care team, Care Specialists help ensure the best possible outcomes for the child's overall well-being.

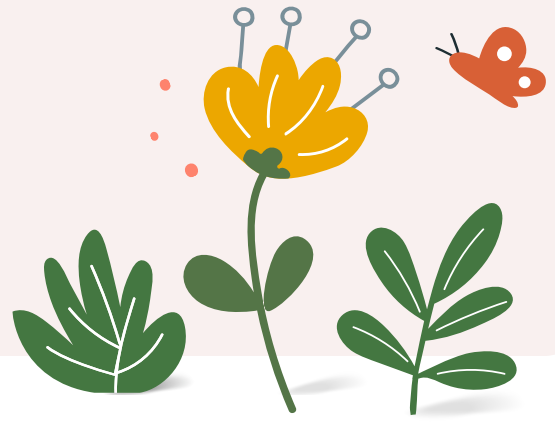


Top Row: Danise (Supervisor), Gabriel, Sway, and Karizma.

Middle Row: Sisi, Tamara, Wilmer, and Sirena.

Bottom Row: Andie, Ruben, Maykayla, and Isaac.

CHARACTER QUALITIES



* PATIENCE

Definition: the ability to tolerate a delay without becoming angry or upset

- Count to 10 when you are upset
- Take 5 deep breaths
- Find 3 good things about the situation
- Ask for help to understand why you are upset

CONTENTMENT

Definition: the state of happiness and satisfaction

- Talk to family or friends about what you are thankful for
- Write down everything good that happened today in a journal

LOVE

Definition: an intense, deep affection for another person.

- Write down how you like to be shown love: Words of Affirmation, Gifts, Acts of Service, Quality Time, and Physical Touch.
- Make a list of everyone you love and why you love them
- Make a card for someone you love

RESPECT

Definition: caring enough to consider how words and actions impact others

- Self-Respect: Draw your very best self-portrait and then write on the back the answer to the following questions.
 1. What is my favorite thing about myself.
 2. What kinds of things can I do to respect my body?



National Bath Safety

January is National Bath Safety Month and it serves as a reminder for parents to take all necessary precautions during bath time.

Supervision

Never leave your child alone in the bathtub. Infants and babies need constant supervision around water, even in the bathtub. To avoid leaving your baby alone in the bathtub, gather all of the items you will need before bath time starts. This might include soaps, towels, diapers and a change of clothes.

Prevent Slips and Falls

A wet bathtub or tile floor can be extremely slippery. Place a nonslip mat on the bottom of the tub and a non-slip rug or mat on the floor next to the tub.

Bath Water Temperature

Water temperature during bath time should be between 90 and 100 degrees Fahrenheit. An infant only needs around two or three inches of warm water for a bath. Once the water has reached the proper level, stick your hand and wrist into the water to check the temperature before placing your child in the water.

Soaps & Shampoos

When looking for the right soap for your children, pick products that don't use added perfume or dyes. This will help with potential issues like skin irritation.

BATH TIME FUN

SNOW BATH Add shaving cream icebergs and winter-themed bath toys for a fun bath time for kids.

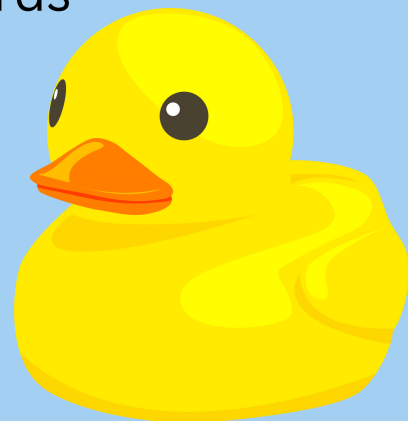
GLOW BATH Mix these vitamins into your child's bath water. Use a black light to so the water glow.

SCENT BATH Kool-Aid is the secret ingredient to this kid-friendly scented bath paint that's easy to make and super fun.

DINO BATH Make your kids fizzing bath bombs in the shape of eggs that "hatch" to reveal plastic dinosaur toys!

COLOR BATH Add a colored water mixture to spray bottles for a colorful bubble bath activity that challenges kids fine motor skills, too.

ART BATH Make simple drawing prompt cards out of craft foam for a fun bath time drawing game using bath crayons.

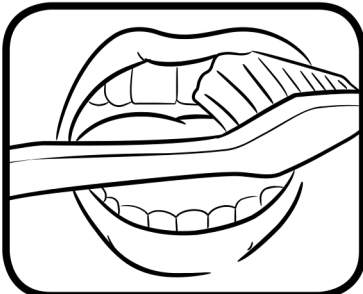


Forever In My Brushing Era

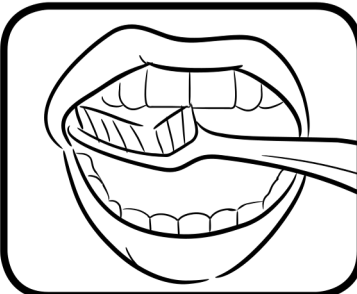
I brush my
teeth twice daily
with a fluoride
toothpaste to
keep my smile
strong.



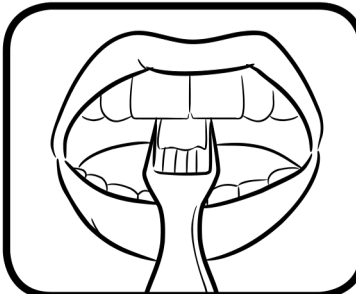
For more resources, visit: MouthHealthy.org



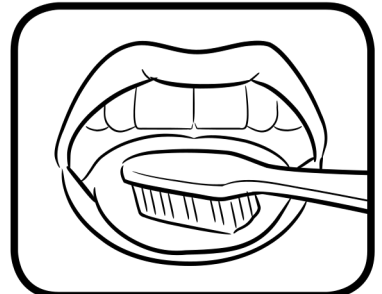
Place the toothbrush at a 45-degree angle to the gums and move the brush back and forth gently in short strokes.



Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth.



To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes.



Brush your tongue to remove bacteria and keep your breath fresh.



Week 4

Violin

1. *Journal of Management Studies*, 1996, 33, 1, 1-14.
 2. *Journal of Management Studies*, 1996, 33, 1, 15-30.
 3. *Journal of Management Studies*, 1996, 33, 1, 31-46.
 4. *Journal of Management Studies*, 1996, 33, 1, 47-62.
 5. *Journal of Management Studies*, 1996, 33, 1, 63-78.
 6. *Journal of Management Studies*, 1996, 33, 1, 79-94.
 7. *Journal of Management Studies*, 1996, 33, 1, 95-110.
 8. *Journal of Management Studies*, 1996, 33, 1, 111-126.
 9. *Journal of Management Studies*, 1996, 33, 1, 127-142.
 10. *Journal of Management Studies*, 1996, 33, 1, 143-158.
 11. *Journal of Management Studies*, 1996, 33, 1, 159-174.
 12. *Journal of Management Studies*, 1996, 33, 1, 175-190.
 13. *Journal of Management Studies*, 1996, 33, 1, 191-206.
 14. *Journal of Management Studies*, 1996, 33, 1, 207-222.
 15. *Journal of Management Studies*, 1996, 33, 1, 223-238.
 16. *Journal of Management Studies*, 1996, 33, 1, 239-254.
 17. *Journal of Management Studies*, 1996, 33, 1, 255-270.
 18. *Journal of Management Studies*, 1996, 33, 1, 271-286.
 19. *Journal of Management Studies*, 1996, 33, 1, 287-302.
 20. *Journal of Management Studies*, 1996, 33, 1, 303-318.
 21. *Journal of Management Studies*, 1996, 33, 1, 319-334.
 22. *Journal of Management Studies*, 1996, 33, 1, 335-350.
 23. *Journal of Management Studies*, 1996, 33, 1, 351-366.
 24. *Journal of Management Studies*, 1996, 33, 1, 367-382.
 25. *Journal of Management Studies*, 1996, 33, 1, 383-398.
 26. *Journal of Management Studies*, 1996, 33, 1, 399-414.
 27. *Journal of Management Studies*, 1996, 33, 1, 415-430.
 28. *Journal of Management Studies*, 1996, 33, 1, 431-446.
 29. *Journal of Management Studies*, 1996, 33, 1, 447-462.
 30. *Journal of Management Studies*, 1996, 33, 1, 463-478.
 31. *Journal of Management Studies*, 1996, 33, 1, 479-494.
 32. *Journal of Management Studies*, 1996, 33, 1, 495-510.
 33. *Journal of Management Studies*, 1996, 33, 1, 511-526.
 34. *Journal of Management Studies*, 1996, 33, 1, 527-542.
 35. *Journal of Management Studies*, 1996, 33, 1, 543-558.
 36. *Journal of Management Studies*, 1996, 33, 1, 559-574.
 37. *Journal of Management Studies*, 1996, 33, 1, 575-590.
 38. *Journal of Management Studies*, 1996, 33, 1, 591-606.
 39. *Journal of Management Studies*, 1996, 33, 1, 607-622.
 40. *Journal of Management Studies*, 1996, 33, 1, 623-638.
 41. *Journal of Management Studies*, 1996, 33, 1, 639-654.
 42. *Journal of Management Studies*, 1996, 33, 1, 655-670.
 43. *Journal of Management Studies*, 1996, 33, 1, 671-686.
 44. *Journal of Management Studies*, 1996, 33, 1, 687-702.
 45. *Journal of Management Studies*, 1996, 33, 1, 703-718.
 46. *Journal of Management Studies*, 1996, 33, 1, 719-734.
 47. *Journal of Management Studies*, 1996, 33, 1, 735-750.
 48. *Journal of Management Studies*, 1996, 33, 1, 751-766.
 49. *Journal of Management Studies*, 1996, 33, 1, 767-782.
 50. *Journal of Management Studies*, 1996, 33, 1, 783-798.
 51. *Journal of Management Studies*, 1996, 33, 1, 799-814.
 52. *Journal of Management Studies*, 1996, 33, 1, 815-830.
 53. *Journal of Management Studies*, 1996, 33, 1, 831-846.
 54. *Journal of Management Studies*, 1996, 33, 1, 847-862.
 55. *Journal of Management Studies*, 1996, 33, 1, 863-878.
 56. *Journal of Management Studies*, 1996, 33, 1, 879-894.
 57. *Journal of Management Studies*, 1996, 33, 1, 895-910.
 58. *Journal of Management Studies*, 1996, 33, 1, 911-926.
 59. *Journal of Management Studies*, 1996, 33, 1, 927-942.
 60. *Journal of Management Studies*, 1996, 33, 1, 943-958.
 61. *Journal of Management Studies*, 1996, 33, 1, 959-974.
 62. *Journal of Management Studies*, 1996, 33, 1, 975-990.
 63. *Journal of Management Studies*, 1996, 33, 1, 991-1006.
 64. *Journal of Management Studies*, 1996, 33, 1, 1007-1022.
 65. *Journal of Management Studies*, 1996, 33, 1, 1023-1038.
 66. *Journal of Management Studies*, 1996, 33, 1, 1039-1054.
 67. *Journal of Management Studies*, 1996, 33, 1, 1055-1070.
 68. *Journal of Management Studies*, 1996, 33, 1, 1071-1086.
 69. *Journal of Management Studies*, 1996, 33, 1, 1087-1102.
 70. *Journal of Management Studies*, 1996, 33, 1, 1103-1118.
 71. *Journal of Management Studies*, 1996, 33, 1, 1119-1134.
 72. *Journal of Management Studies*, 1996, 33, 1, 1135-1150.
 73. *Journal of Management Studies*, 1996, 33, 1, 1151-1166.
 74. *Journal of Management Studies*, 1996, 33, 1, 1167-1182.
 75. *Journal of Management Studies*, 1996, 33, 1, 1183-1198.
 76. *Journal of Management Studies*, 1996, 33, 1, 1199-1214.
 77. *Journal of Management Studies*, 1996, 33, 1, 1215-1230.
 78. *Journal of Management Studies*, 1996, 33, 1, 1231-1246.
 79. *Journal of Management Studies*, 1996, 33, 1, 1247-1262.
 80. *Journal of Management Studies*, 1996, 33, 1, 1263-1278.
 81. *Journal of Management Studies*, 1996, 33, 1, 1279-1294.
 82. *Journal of Management Studies*, 1996, 33, 1, 1295-1310.
 83. *Journal of Management Studies*, 1996, 33, 1, 1311-1326.
 84. *Journal of Management Studies*, 1996, 33, 1, 1327-1342.
 85. *Journal of Management Studies*, 1996, 33, 1, 1343-1358.
 86. *Journal of Management Studies*, 1996, 33, 1, 1359-1374.
 87. *Journal of Management Studies*, 1996, 33, 1, 1375-1390.
 88. *Journal of Management Studies*, 1996, 33, 1, 1391-1406.
 89. *Journal of Management Studies*, 1996, 33, 1, 1407-1422.
 90. *Journal of Management Studies*, 1996, 33, 1, 1423-1438.
 91. *Journal of Management Studies*, 1996, 33, 1, 1439-1454.
 92. *Journal of Management Studies*, 1996, 33, 1, 1455-1470.
 93. *Journal of Management Studies*, 1996, 33, 1, 1471-1486.
 94. *Journal of Management Studies*, 1996, 33, 1, 1487-1502.
 95. *Journal of Management Studies*, 1996, 33, 1, 1503-1518.
 96. *Journal of Management Studies*, 1996, 33, 1, 1519-1534.
 97. *Journal of Management Studies*, 1996, 33, 1, 1535-1550.
 98. *Journal of Management Studies*, 1996, 33, 1, 1551-1566.
 99. *Journal of Management Studies*, 1996, 33, 1, 1567-1582.
 100. *Journal of Management Studies*, 1996, 33, 1, 1583-1598.
 101. *Journal of Management Studies*, 1996, 33, 1, 1599-1614.<

