



ZRnote

MARCH 2025

ZRPATH

ISSUE 5

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.

**WE'RE EXCITED TO
ANNOUNCE THAT
ZRPATH IS NOW
OFFERING IN SCHOOL
SERVICES IN THE
CREIGHTON SCHOOL
DISTRICT!**

REMINDERS

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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



April



Taco Dip



Ingredients

8 ounces cream cheese, 1/3 less fat Philadelphia
8 ounces full fat Greek yogurt , or reduced fat sour cream, drained
16 oz jar mild chunky salsa, such as Tostitos
1 1/2 tablespoons **taco seasoning**, or 1/2 packet package taco seasoning
2 cups iceberg lettuce, shredded fine
2 medium tomatoes, seeds removed and diced
1 cup reduced-fat shredded cheddar cheese
2.25 ounce can sliced black olives, drained

Directions

- In a large bowl combine cream cheese, Greek yogurt or sour cream, salsa and taco seasoning and mix well with an electric mixer.
- Spread on the bottom of a large shallow glass dish.
- Top with shredded lettuce, tomatoes, shredded cheese and black olives.
- Serve with baked tortilla chips.

Apple Chips

Ingredients

2 Golden Delicious apples, cored and thinly sliced
1 ½ teaspoons white sugar
½ teaspoon ground cinnamon

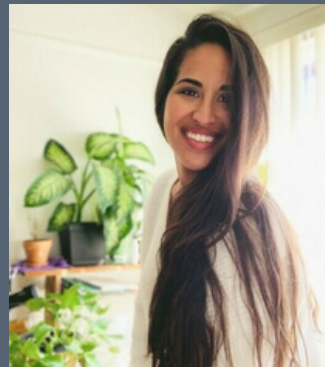
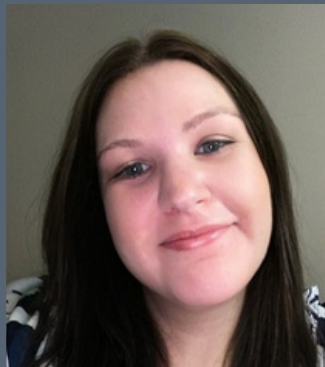
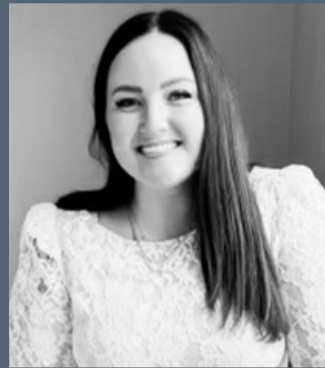
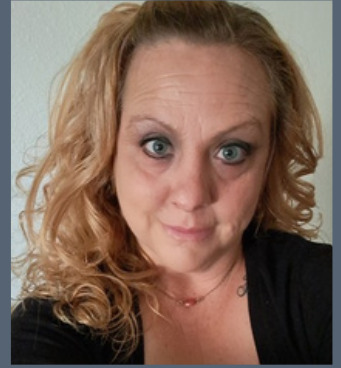
Directions

- Preheat the oven to 225 degrees F. Line a metal baking sheet with parchment paper.
- Arrange apple slices in a single layer on prepared baking sheet.
- Mix together sugar and cinnamon in a small bowl; sprinkle over apple slices.
- Bake in the preheated oven until apples are dried and edges curl, 45 minutes to 1 hour. Use a metal spatula to transfer chips to a wire rack until cool and crispy.



Let's Meet the Administration Team

At the heart of our organization, the Administration Team plays a crucial role in supporting our staff who work directly with clients. From ensuring smooth billing and scheduling of youth enrichment activities to keeping client records in compliance, they handle the essential tasks that keep everything running efficiently. Their responsibilities extend to HR management, recruiting, staff training, fleet and facilities oversight, and handling licensure and credentialing. These efforts help create a seamless environment for both our staff and the clients we serve. This dedicated team provides the vital behind-the-scenes support that allows our frontline staff to focus on what matters most: delivering exceptional care and services.



Top Row: Colleen (COO), Kylie (Executive Manager), Luisa (Scheduling Manager), Heidi (Scheduling Asst)
Middle Row: Chantel (Admin Manager), Stephanie (HR), Hailey (Billing Manager), Erin (Clinical Director)
Bottom Row: Collette (Billing Asst), Jillian (Client Compliance), Sarah (Trainer), Valeria (Recruiting)

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.

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. Utery 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.



zrpath



Behavioral Health Counseling Services

- > In-Person & Telehealth
- > Relationship Struggles
- > Transitions
- > Anxiety
- > Post Traumatic Stress Disorder (PTSD)
- > Depression & Grief
- > Behavioral Concerns

We Have
Immediate
Openings!

Call us today! 855-810-2484 www.zrpath.com

About Us

As a team of dedicated therapists we are committed to providing high-quality, compassionate care to families facing behavioral health challenges. We are here to help every child reach their maximum potential.

We Offer
Direct Intakes



Schedule Today

Eat Right Smart Snacking Tips for Kids

Snacks are key to meeting kids' nutritional needs and keeping their energy up between meals. Plan and portion out 2-3 balanced snacks a day, ideally 1-2 hours before meals. Enjoy snacks in a distraction-free space, away from screens. Even better, let the kids get involved in preparing healthy snacks!

Here are a few easy, tasty (and healthy) snacks to help you get started.

- **Parfait:** Layer vanilla or plain low-fat yogurt with fruit and dried cereal.
- **Toast a whole grain waffle** and top with low-fat yogurt and sliced fruit or smooth nut butter.
- **Blend low-fat milk,** frozen strawberries and a banana for thirty seconds for a delicious smoothie.
- **Sandwich cut-outs:** Make a sandwich on whole grain bread. Cut out your favorite shape using a big cookie cutter. Eat the fun shape and the edges, too!
- **Mini-pizza:** Toast a whole wheat English muffin, drizzle with pizza sauce and sprinkle with low-fat mozzarella cheese.
- **Frozen treats:** Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
- **Quesadilla:** Sprinkle shredded cheese over a corn or whole wheat tortilla; fold in half and microwave for twenty seconds. Top with salsa.
- **Spread hummus** on a tortilla. Top with a slice of turkey or ham, low-fat cheese and lettuce. Then roll it up.
- **Stuff a whole-grain pita pocket** with ricotta cheese and Granny Smith apple slices. Add a dash of cinnamon.
- **Microwave a cup** of tomato or vegetable soup and enjoy with whole grain crackers.
- **Make a mini-sandwich** with tuna or egg salad on a dinner roll.
- **Microwave a small baked potato.** Top with reduced-fat cheddar cheese and salsa.
- **Spread celery sticks** with smooth nut butter or low-fat cream cheese. Top with raisins. Enjoy your "ants on a log."
- **Dip slices of fruit** or whole-grain graham crackers into low-fat vanilla pudding or yogurt.
- **Inside-out sandwich:** Spread mustard on a slice of deli turkey. Wrap around a sesame breadstick.
- **Rocky road:** Smear low-fat chocolate pudding on a whole grain graham cracker, then top with a marshmallow.
- **Sprinkle cinnamon** on unsweetened applesauce and enjoy with a whole grain graham cracker for a taste similar to apple pie.
- **Make your own fruit roll-up** by pureeing fruit and either baking it in the oven or by using a dehydrator.
- **Bake homemade chewy granola bars** using whole-grain oats and dried fruit.
- **Whip up mini-muffins** using healthy ingredients, like whole grain flours and pureed fruit.

Portion sizes for kids are smaller than adults. However, certain foods due to their size pose a choking risk, especially for young children.

See below for a list of foods that may cause choking:

- Hot dogs and sausage links
- Raw apple and pear slices
- Nuts, seeds and peanut butter
- Whole grapes
- Dried fruit
- Raw vegetables
- Whole kernels of corn
- Popcorn and chips
- Small candies and chewing gum