

**SAHUARITA UNIFIED & CONTINENTAL  
SUMMER PROGRAMS  
FOR  
STUDENTS & PARENTS/GUARDIANS**

*These programs are neither sanctioned nor sponsored by the Sahuarita School District. This list of programs is provided as a community service.*

## FOR STUDENTS



### THRIVING TeleMental Health for Adolescents

Visit our website for information about the programs including registration at [thethriving.org](http://thethriving.org)

The program provides evidence-based individual psychotherapy for depression, anxiety, and behavioral challenges (anger management, peer relationships, etc.) to adolescents ages 12-17. The program is provided by a Licensed Mental Health Practitioner who provides therapy on a home-based online format. The goal of the program is to improve access to mental and behavioral healthcare, enhance problem-solving skills, symptom management, and coping skills. 6 FREE therapy sessions for 1 hour a week. Limited capacity of 20 students. First come, first serve

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### Serenity First Counseling/Serenity First Prevention and Support Coalition

Contact Jill Fabian at (520) 661-6445 or email [jill@serenityfc.life](mailto:jill@serenityfc.life).

**Youth Coalition— Free Youth Group for 8<sup>th</sup> – 12<sup>th</sup> grade students. Meeting on Zoom for the Summer. June 3<sup>rd</sup>, June 17<sup>th</sup>, July 8<sup>th</sup>, and July 22<sup>nd</sup>, 5:30 pm – 7:00 pm.**

**Together** learn how to work as a team, communicate, share ideas, educate yourselves with tools for becoming a responsible contributor to your families and communities and learn the Too Good For Drugs program.

[www.serenityfirstcounseling.com](http://www.serenityfirstcounseling.com)

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### Shefa Life Counseling Center Let's Talk Youth Empowerment Sessions

Register at [www.shefalife.org](http://www.shefalife.org), email Dr. Lutissua D Ballard at [connect@shefalife.org](mailto:connect@shefalife.org) or call (520) 329-1579.

**Free Youth Empowerment Sessions:** Develop Better Coping Skills! Online Zoom Meetings. Learn How to Manage Stress, Anxiety & Depression. \*Middle School Students - Thursdays 3PM – 4PM  
\*High School Students - Wednesdays 3PM – 4PM.

**The Power of Youth – MADD Workshop:** Free 1-hour educational youth empowerment workshop, aimed at decreasing underage drinking. Empowering youth with knowledge to make smart choices. Middle/High School. Provided with support from the Pima County Community Prevention Coalition.

**Creative Expressions Class:** Building Healthy Coping Skills Through the Arts. Through storytelling, drawing, painting, role-playing, crafts and more, students will learn how to develop positive coping skills. Students will experience improved self-esteem, confidence, communication, social and problem-solving skills. Classes will start in June 3, 2020. 6 sessions (1-hour, weekly). Primary Instructor Ms. Phyllis Ricci, MAFT, Retired Clinical Art Therapist. Ages: Littles (6-9) - Tween (10-12) - Teen (13-16). The cost is \$20.00 per session. Small Class Sizes (4 students Max). Scholarships Available for Families in Need.



### Youth Workshops

Contact Amy Bass at PPEP, [abass@ppep.org](mailto:abass@ppep.org), (520) 360-5282 or Tony Bruno, [tbruno@ppep.org](mailto:tbruno@ppep.org) or (520) 310-7712

**The Buzz:** This session is delivered by youth who have completed a Training of Trainers sessions who then facilitate a highly interactive presentation to their peers in a process that educates youth on the impacts of youth alcohol use. Youth learn the impacts alcohol has on their brain, body and social functioning and participate in games that develop resiliency skills youth can use to deal with challenging situations involving peer pressure.

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## FOR PARENTS AND GUARDIANS



### Parent Support Workshops

Contact Amy Bass at PPEP, [abass@ppep.org](mailto:abass@ppep.org), (520) 360-5282 or Tony Bruno, [tbruno@ppep.org](mailto:tbruno@ppep.org) or (520) 310-7712

**The Power of Parents; It's Your Influence:** Outlines the impacts of underage drinking on the developing youth brain and gives parents/caregivers the skills needed to have those tough conversations with their children about alcohol. Gives parents facts, information and conversation starters as well as an understanding of the impacts of early life trauma and how to best support youth who might be at risk for drinking problems now or later in life.

**Rx 360:** Outlines the impacts of misuse of medications, including pain medication. Discusses the dangers of narcotic pain relievers and how to deal with real life situations where these drugs are prescribed for pain management. Gives parents/caregivers facts, information and conversation starters to help them understand the impact of early life trauma and how to be a protective factor in the lives of their children. Provides information and locking caps/boxes for the safe storage of medications in the home.

**MJ 360:** Outlines the impacts of youth marijuana use on the developing teen brain and other socioemotional effects. Gives parents/caregivers the skills needed to have open, fact-based conversations about marijuana use today. Provides information and resources to help parents understand the conflicting messages youth receive and help them support resiliency in their children. Discusses the impacts of early life trauma and how parents can become a protective factor in the lives of their children.

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### **SHEFA LIFE COUNSELING CENTER**

Register at [www.shefalife.org](http://www.shefalife.org) Email Dr. Lutissua D Ballard at [connect@shefalife.org](mailto:connect@shefalife.org) or call (520) 329-1579.

**Let's Talk Parent Empowerment Sessions:** Free Parent Empowerment Sessions via Online Zoom Meetings. Support for Parents who have a Child/Teen experiencing mental/behavioral health challenges. Developing Stronger Parent-Child Bonds through Strengthening Communication Skills, Implementing No Drama Discipline and Practicing Self-Care.

**Women's Empowerment Group - Tucson & Green Valley:** F.R.E.E. is a women's support group that focuses on freedom, restoration, empowerment and edification. We meet 2 times a month on Monday's from 6:30pm - 8:00pm. The foundation is Biblically Based and Christ Centered. We welcome women that are looking to find support, encouragement and knowledge on how to live your life to the fullest. We cover various topics that serve to challenge, strengthen and provide transformation! The cost is free, and donations are welcomed. **\*\*ZOOM SESSIONS CURRENTLY**

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### **THRIVING**

Visit our website for information about the programs including registration at [thethriving.org](http://thethriving.org)

**By-Your-Side Seminars for Parents:** This online program provides knowledge and support to parents who have a child or children struggling with the challenges of adolescence as well as mental illness. The importance of family involvement in your child's mental health treatment is a key part to positive therapeutic outcomes. The seminars educate parents on mental and behavioral health treatment and support for your children. 2 FREE 2-hour online seminars on June 16th and July 21st from 6:00-8:00 p.m.

These programs are part of the Better Together Southern Arizona Coalition's School Resources collaboration. The goal is to support our students and families with workshops that help all of us deal with the stresses, anxiety, depression and challenging relationships in our lives.