



# ICAN happenings

## ICAN Mission Moment



ICAN hosted Me & My Family Night last week where youth worked with their parents to create a vision board for 2020 - to visualize all of the things they would like to accomplish. One young girl (who has been attending ICAN for a few years) included the phrase "control feelings". When asked about that, she shared that she is learning to control her feelings and wants to get along better with her family. These are skills emphasized at ICAN every day, so it was exciting to those skills impacting this youth!

## Save the Date - Building Bright Futures Breakfast

3.26.20

BUILDING BRIGHT  
FUTURES BREAKFAST

SAVE THE DATE



7:30 AM-8:30 AM

Breakfast, Program & Tours  
ICAN- 650 E. Morelos Street

Mark your calendar now for ICAN's **4th Annual Building Bright Futures Breakfast** on Thursday, March 26th from 7:30 a.m. - 8:30 a.m. at ICAN. Learn more about how ICAN works with youth on specific socio emotional skills to prepare them for a bright future! Interested in being a breakfast ambassador and hosting a table? Contact Courtney Taylor at (480) 874-7575 or [courtney@icanaz.org](mailto:courtney@icanaz.org),

## Family Program - Bridges to High School



Do you have a middle schooler? It can be a tough time for students and for parents. Join ICAN for "Bridges to High School" where you will learn to manage the demands of middle school and prepare for a lifetime of success. This program is for 6th graders and their parents - starts 1/28 from 5:15pm - 7:30pm at Galveston Elementary (meets 1x/wk for 4 sessions). For more information contact Alicia Perez, (480) 874-7593 or [alicia@icanaz.org](mailto:alicia@icanaz.org)

## Thank You Thunderbirds Charities!



Thunderbirds Charities supports ICAN with a grant for the Youth Development Program - a prevention-focused program with carefully structured activities that teach youth empathy and communication, emotion-management and coping skills, decision-making, social competence, self-regulation, and positive goal setting.

**Thank you Thunderbirds Charities and best of luck for a fantastic Waste Management Open this month!**



**ICAN  
SUPPORTER  
SPOTLIGHT**

## ICAN Board of Directors

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## Our Mission

is to to provide free, comprehensive programs that empower youth to be productive, self-confident, and responsible members of the community.

[WWW.ICANAZ.ORG](http://WWW.ICANAZ.ORG)

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