

VTCC Youth Resource Guide for Pima County

This guide was developed by research staff at the Southwest Institute for Research on Women (SIROW) at the University of Arizona. This guide was created to assist youth participating in the Volunteer Telephone Continuing Care (VTCC) project. The following list is a sampling of resources for youth in Pima County based on diverse geographic locations and a wide array of topics to meet various needs; it is not an exhaustive list of all possible services. Additions or modifications to this guide may be made by SIROW as services change over time. If you have questions or comments regarding the resources listed, please contact Tamara Sargus at tsargus@email.arizona.edu.

Addiction Services

Name	Phone	Program Description/Website	Bus Route
Alcoholics Anonymous	(520)624-4183	All meetings open to teens 14 and older. www.aatucson.org	Many meetings are on a bus line. Map is available on website.
Narcotics anonymous	(520)881-8381	Call for information, support, and meeting times/locations. www.natucson.org	Many meetings are on a bus line.
Cocaine Anonymous	(520)326-2211	www.caarizona.com	Many meetings are on a bus line.
Alateen	(520)323 - 2229	There are 2 meetings for youth in different locations. There are two sponsors at each meeting to assist youth. <u>Northwest Alonall Club</u> 3120 W. Curtis Rd. <u>Rincon Congregational Church</u> 122 N. Craycroft Rd. *meeting locations/dates/times are subject to change so check website or call before attending meetings. www.al-anon-az.org	<u>Northwest Location:</u> Davis/Curtis Stop is on Davis Route#17 <u>Rincon Church Location:</u> Craycroft/Burns Stop is on Craycroft Route #34
Ashline	(800)556-6222	Free telephone and Web-based quit services for tobacco use. http://www.ashline.org/	n/a
The Mark	(520)326-6182	Intensive outpatient substance abuse treatment services including group therapy, family therapy, and education. 4653 East Pima Street http://www.themarkcounseling.com/about-us	Pima/Swan Stop is on Pima Street Route #5

<p>CODAC's Step Forward</p>	<p>(520) 202-1840</p>	<p>Provides youth (ages 13-17) a treatment option for substance abuse, mental health concerns, HIV testing and counseling, and health education. Accepts insurance and AHCCCS. Grant funding is available for youth who do not have insurance. Offers individual, family, and group counseling.</p> <p>Santa Rosa Neighborhood Center 1080 South Tenth Avenue (Corner of 22nd Street and 10th Ave.)</p> <p>http://www.codac.org/programs-services/youth-treatment/</p>	<p>10th Ave./ 21st St. Stop is on 10th Avenue</p> <p>Route #7, #8, #16</p> <p>*Bus passes may be provided</p>
<p>Sin Puertas (Part of Pima Prevention Partnership)</p>	<p>(520) 624-5800</p>	<p>Ages 13-17. Provides:</p> <ul style="list-style-type: none"> - Assessment to determine the best course of treatment - Special counseling for trauma and other co-occurring mental health issues - Peer support groups and peer-led events for staying sober <p>Youth can be referred by schools, Juvenile Court, outside agencies. Families can self-refer. They do <u>not</u> take youth with private insurance or AHCCCS (may be able to serve AHCCCS clients in the future).</p> <p>Will provide dinner for youth and family for most of the programs.</p> <p>1475 N. Oracle (Corner of Drachman and Oracle)</p> <p>www.thepartnership.us</p>	<p>Oracle/Lee Stop is on Oracle</p> <p>Route #16 or #10</p> <p>*Bus passes may be provided</p>
<p>The Seven Challenges Program through Providence Service Corporation</p>	<p>(520) 747-6600</p>	<p>Seven Challenges is an evidence based, comprehensive counseling approach used for youth. Deals with issues around drug/alcohol use. Youth can focus on issues most important to them. Primarily group based but participants may also receive individual or family counseling. Also offers relapse prevention planning.</p> <p>Youth must be a member of the Providence Network to participate. They accept youth on AHCCS but not private insurance at this time. If families do not have the ability to self-pay they may qualify for SAPT funds through Providence.</p> <p><u>East Side Location:</u> 1161 N. El Dorado Place Suite 103</p> <p><u>Northwest Location:</u> 3295 W. Ina, Suite 150</p> <p>http://www.provcorp.com/Default.asp</p>	<p><u>East:</u> Speedway/El Dorado Stop is on Speedway</p> <p>Route #4 and #201X</p> <p><u>Northwest:</u> Ina/Camino de la Tierra Stop is on Ina</p> <p>Route #16, #102X, #103X, and 202X</p>

In Balance Counseling	(520) 722-9631	<p>For youth ages 13-18. Intensive out-patient groups, 3 times/week and 3 hours/day. Runs about 12 weeks long. There is an aftercare program available which runs as long as needed. Parents or supportive family member attend one group per week.</p> <p>Based on 12 steps of AA.</p> <p>Accepts private insurance but not AHCCCS.</p> <p>6107 E. Grant Road</p> <p>http://inbalancecontinuum.com/outpatient/adolescents</p>	<p>Grant/Sunny Drive Stop is on Grant between Wilmot and Craycroft</p> <p>Route #8 and #9</p>
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Behavioral Health Services

Name	Phone	Program Description/Website	Bus Route
Southern Arizona Mental Health Corporation (SAMHC)	(520)622-6000	<p>24 Hour Crisis Hotline and Walk-In Clinic for substance abuse or mental health crisis.</p> <p>2502 N. Dodge Boulevard (entrance on Flower Street)</p> <p>www.samhc.com</p>	<p>Grant/Dodge Stop is on Grant</p> <p>Route #9</p>
Survivors of Suicide	(520)861-6632	<p>Free grief support group for people who have lost loved ones to suicide. Youth 17 and older can attend.</p> <p>Open meetings held 1st and 3rd Thursday of every month, 6pm to 8pm.</p> <p>Catalina Methodists Church, Building #H 30 2700 East Speedway Blvd.</p> <p>www.sostucson.org</p>	<p>Speedway/Treat Stop is on Speedway</p> <p>Route #4</p>
Tu Nidito	(520)322-9155	<p>Support groups/counseling for youth (ages 3.5 to 18 years) who are grieving the death of a loved one. Services for youth who have parent(s) with a serious medical condition.</p> <p>3922 N. Mountain Ave</p> <p>www.tunidito.org/</p>	<p>Roger/Mountain Stop is on Roger</p> <p>Route #15</p>

CODAC's Step Forward	(520) 202-1840	<p>Provides youth (ages 13-17) a treatment option for substance abuse, mental health concerns, HIV testing and counseling, and health education. Accepts insurance and AHCCCS. Grant funding is available for youth who do not have insurance. Offers individual, family, and group counseling.</p> <p>Santa Rosa Neighborhood Center 1080 South Tenth Avenue (Corner of 22nd Street and 10th Ave.)</p> <p>http://www.codac.org/programs-services/youth-treatment/</p>	<p>10th Avenue and 21st Street Stop is on 10th Ave</p> <p>Route #7, #8, #15</p> <p>*Bus passes may be provided</p>
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Relationship Violence/Sexual Assault

Name	Phone	Program Description/Website	Bus Route
Southern AZ Center Against Sexual Assault (SACASA)	<p><u>Central:</u> (520)327-7273</p> <p><u>South:</u> (520) 434-0195</p>	<p>24-hr Crisis Line for victims/survivors of sexual assault, molestation, incest, and rape.</p> <p>Walk-in visits for advocacy services 8am to 5pm. Services available in Spanish and English. Staff of trained nurses to provide medical exams after a sexual assault. Counseling for youth ages 12 and up.</p> <p><u>Central Location (Main Office):</u> 1600 N. Country Club</p> <p><u>South Location (Su Voz Vale):</u> 101 W. Irvington, Office 4-A,</p> <p>www.sacasa.org</p>	<p><u>Central:</u> Country Club/Adams Stop is on Country Club Route#17</p> <p><u>South:</u> 6th Ave/Irvington Stop is on 6th Ave Route #8, #11, #50</p> <p>*Can assist in getting the low income "sun go" pass</p>
Las Familias	(520) 327-7122 ext. 221	<p>Ages 12 yrs and under. Therapy and support services for survivors of childhood sexual abuse and domestic violence. (Part of Arizona Children's Association).</p> <p>3618 East Pima Street</p> <p>www.lasfamilias.org</p>	<p>Pima/Dodge Stop is on Pima</p> <p>Route #5</p> <p>*Will sometimes provide assistance with transportation.</p>

<p>Emerge! Center Against Domestic Abuse</p>	<p>(520)881-7201 (Outreach Office)</p> <p>(888)428-0101: (24 Hour Crisis Hotline)</p>	<p>24 Hour Crisis Hotline for victims/survivors of domestic abuse. Crisis shelter and transitional housing services.</p> <p>Outreach and Advocacy Program offers one-to-one support/education and support groups. Provides lay-legal advocacy including court accompaniment for victims.</p> <p>2545 E. Adams Street (Outreach Office)</p> <p>www.emergecenter.org</p>	<p>Tucson Blvd./Drachman Stop is on Wilson Ave.</p> <p>Route #5</p>
<p>Wingspan Anti-Violence Project</p>	<p>(520)624-0348</p> <p>(800)553-9387</p>	<p>Provides confidential 24-hour crisis intervention, information, support, referrals, emergency shelter, and advocacy to LGBTQ victim/survivors of violence.</p> <p>430 East 7th Street</p> <p>www.wingspan.org</p>	<p>6th St./4th Ave. Stop is on 6th St.</p> <p>Route#3, #9</p>
<p>Pima County Victim Witness Program</p>	<p>(520)740-5525</p>	<p>Advocacy services and support for victims of crime in open criminal cases in Pima County.</p> <p>32 N Stone Ave</p> <p>www.pcao.co.pima.az.us</p>	<p>Church/Pennington Ronstadt Center Stop</p> <p>Route #7, #8, #16, 102X</p>

Reproductive Health and Pregnancy Services

Name	Phone	Program Description/Website	Bus Route
<p>Pima County Health Department(PCHD) Family Planning</p>	<p><u>North</u> (520)243-2880</p> <p><u>South</u> (520)294-2026</p>	<p>Birth control, emergency contraception, pregnancy testing, pap test, STD testing & treatment. Sliding scale fee. No parental permission required. All service confidential. Three locations. There is a teen suite at the East Location; however teens can receive services at all three clinics. Walk in M-F between 8am and 4pm.</p> <p><u>North Location:</u> 3550 N. 1st Ave., Suite #300</p> <p><u>South Location:</u> 175 W. Irvington</p>	<p><u>North:</u> 1st Ave./Prince Stop is on 1st Ave.</p> <p>Route #6 and #34</p> <p><u>South:</u> Irvington/Laos Transit Center Stop is on Irvington</p> <p>Route #202X and #203X</p>

	<u>East</u> (520)751-9086	<u>East Location:</u> 6920 East Broadway, Suite A (Teen Suite) www.pimahealth.org/family/index.html	<u>East:</u> Broadway/Kolb Stop is on Broadway Route #8 and #108X
Planned Parenthood	(520)408-7526 (customer service for both locations)	Services include STI/HIV testing and treatment, birth control, pregnancy testing and counseling, abortion, gynecological exams, and male health services. <u>Central Location:</u> 2255 N. Wyatt Dr. <u>Northwest Location:</u> 529 W. Wetmore Rd www.plannedparenthood.org/ppaz	<u>Central:</u> Grant/Beverly Stop is on Grant Route #9 <u>Northwest:</u> Oracle/Wetmore Stop is on Oracle Route #16
Project C.O.N.T.A.C.T	(520) 751-9086	Reproductive health care for eligible teenagers at little or no-cost. Primarily serves youth who are homeless, at risk of being homeless, or are high risk for pregnancy and sexually transmitted infections. All services are confidential, non-judgmental, do not require parent permission, and are provided on a walk-in basis. 3550 N. 1 st Avenue http://webcms.pima.gov/cms/one.aspx?portalId=169&pageId=18139	1 st Ave/Prince Stop is on 1 st Ave. Route #6 and #34

Employment Services

Name	Phone	Program Description	Bus Route
Fred G. Acosta Job Corps	(520)792-3015	Vocational and academic training for youth ages 16-24. 901 S. Campbell Ave www.fredgacosta.jobcorps.gov	Campbell/Eastland Stop is on Campbell Route #15

Pledge a Job	(520)798-0535	Matches youth ages 16-21 with job openings. Offers Work Experience Employability Skills Workshops, Resume Workshops, Interviewing Workshops, and One-to-one Case Management. 340 N. Commerce Park Loop, Tortolita Bldg. http://www.pima.gov/ced/employment-training/et-pledgeajob.shtml	Commerce Park Loop/Bonita Stop is on Commerce Park Loop Can also use Ronstadt Center stop which has free shuttle to location. Route# 600 *Bus passes may be provided
Pima County One Stop	(520)798-0500	Financial assistance for training programs, employment services and summer youth employment program. Application goes online January 2014 for the summer of 2014. Offers a resource library and resume writing classes. 340 N. Commerce Park Loop, Tortolita Bldg. https://secure.pima.gov/summeryout	Same as Pledge a Job (see above)
Tucson Urban League	(520)791-9522	<u>Summer Youth Employment Program:</u> Ages 14-21. A six week program for youth. It's good to start calling in February for an application. <u>Internship Program:</u> Must be a Junior or Senior in high school. Provides internships through the University of Arizona and college preparation assistance. Must have a "C" average or better. Contact person: Daphanie Conner 2305 S. Park www.tucsonurbanleague.org	Park/34 th Street Stop is on Park Route #6
Tucson Youth Development	(520)623-5843	Summer youth employment and education programs. 1901 N. Stone Ave www.tucsonyouth.org	Stone/Lester Stop is on Stone Route #19

GED/Educational Services

Name	Phone	Program Description/Website	Bus Route
Las Artes	(520)243-5050	<p>Serves youth ages 17-21. GED preparation plus community arts projects. Students receive weekly monetary incentive. The art program is considered on the job training and can be used when applying for jobs. Students must test at a 5th grade level in reading, math, and language to be admitted.</p> <p>23 W. 27th St.</p> <p>www.pima.gov/CED/CR/LasArtes.html</p>	<p>6th Ave/27th Street Stop is on 6th Ave.</p> <p>Route #8</p> <p>*Bus passes may be provided</p>
Tucson Unified School District Alternative Education Programs	(520)225-2603	<p>Provides additional opportunities, choices, and support for TUSD students including online learning and flexible school schedules.</p> <p>http://edweb.tusd.k12.az.us/Alternative_Ed/programs.html</p>	Depends on the school
TAP (Teenage Parent High School)	(520)225-3250	<p>Small, supportive school for pregnant teens and teen parents. Four on-site nurseries for kids 2 weeks to 18 months. Father to father support groups. Counseling and Academic Advising. Credit recovery services.</p> <p>102 N Plumer Ave.</p> <p>www.Edweb.tusd1.org/tap/index.asp</p>	<p>Broadway/Plumber Stop is on Broadway</p> <p>Route #8</p>

Homeless Youth/Foster Care Support Services

Name	Phone	Program Description/Website	Bus Line
Our Family Services "Teens in Transition"	(520)323-1706	<p>Provides case management services for homeless and near homeless youth including bus passes, educational /career planning, health/medical care, counseling, independent living skills.</p> <p>*Call first for appointment</p> <p>3552 N. Stone Ave</p> <p>www.ourfamilyservices.org</p>	<p>Stone/Prince Stop is on Stone</p> <p>Route#17 and #19</p> <p>*Bus passes may be provided</p>

Youth On Their Own (YOTO)	(520)293-1136	<p>Provides financial assistance, basic human needs, and guidance to homeless and unaccompanied youth so each has the opportunity to graduate high school and lead a productive adult life. Youth must be enrolled in high school. Their school will enroll them in YOTO. Can provide food, clothes, and hygiene supplies. Youth will be assigned a student advocate who will work with them in the community. Youth can receive a stipend for their grades.</p> <p>1660 N. Alvernon Way</p> <p>www.yoto.org</p>	<p>Alvernon/Pima Stop is on Alvernon Way</p> <p>Route #5 and #11</p>
Open Inn	<p>(520)670-9040 (Youth Resource Center)</p> <p>(866) 520-TEEN (Project Safe Place)</p>	<p><u>Youth Resource Center</u>: walk-in center provides case management, basic needs, showers, hygiene and health items, food, discussion and educational groups, activities and referrals for homeless youth or youth living in dangerous situations. *Hours vary-best to call before coming in.</p> <p>630 E. 9th Street</p> <p><u>Project Safe Place</u>: 24 hour crisis intervention for youth. Youth can go to any business, agency or sun tran bus that displays the yellow and black “Safe Place” decal if they find themselves in a crisis. Youth will be connected with staff/volunteers that will provide help and support.</p> <p>www.openinn.org</p>	<p>Euclid/9th Street Stop is on Euclid</p> <p>Route #6 and #1</p>
In My Shoes	(520)747-1533	<p>Offers one-on-one and group mentoring for kids in out of home care (foster care/group homes). Staff, mentors, and club facilitators are all adults who were once raised in the foster care system.</p> <p>3208 E. Ft. Lowell, Ste. 102</p> <p>http://www.inmyshoesinc.org/</p>	<p>Ft. Lowell/ Country Club Stop is on Ft. Lowell</p> <p>Route #34</p>

HIV/STI Testing Services *(Also see Reproductive Health/Pregnancy Services)

Name	Phone	Program Description/Website	Bus Route
Southern AZ AIDS Foundation	(520)628-7223	HIV testing, prevention programs and services to people living with or affected by HIV and AIDS. Case management, support groups, and testing available evenings and weekend by appointment. 375 South Euclid Avenue www.saaf.org	Euclid/9 th Street Stop is on Euclid Route #6 and #1
Pima County Health Department-Teresa Lee STD/HIV Clinic	(520)791-7676	Low cost (no one is turned away due to lack of payment) counseling and STD and HIV testing and services. Does not provide birth control. Walk in only. Will see youth as young as 14 without parental consent. 332 S. Freeway www.pimahealth.org/disease/tle.html	Congress /Freeway Stop is on Congress (right in front of Carl's Jr.) Route #21 and #22 (the clinic is about 1/2 block from the bus stop)

LGBTQ Services

Name	Phone	Program Description	Bus Route
EON Lounge Youth Center	(520)624-1779	Drop-in center. A safe hangout space for youth 23 and under. Includes a mini-library, video games, and art. 430 E. 7 th Street www.eonyouthcenter.com	6th St./4th Ave. Stop is on 6th St. Route#3, #9
Wingspan Community Center	(520)624-1779	LGBTQ Community Center-has various activities. See website for upcoming programs/events. 430 E. 7 th Street www.wingspan.org	6th St./4th Ave. Stop is on 6th St. Route#3, #9

Recreational/Pro-Social Activities

Name	Phone	Program Description	Bus Route
Pima County Public Library	(520)791-4393	Borrow books, cd's and more, gain access to public computers and internet. See website for various activities and clubs for youth. www.tppl.org	Yes-Most libraries on a bus route
Pima County Teen Programs	(520)825-9011	Activities at the teen programs include tournament nights, fund-raisers, dances, pool, ping pong, basketball, bowling, cards, career exploration, camping, hiking, biking, volleyball, and special events. www.pima.gov/nrpr/teens/index.htm	Yes- Most programs
Tucson Parks and Recreation	(520)791-4873	Nineteen recreation and special interest centers, spread throughout our community, are available for public use and enjoyment. Varying in size, programs and services offered. Low cost classes in sports, art, and music. 60% discount for kids in foster care. www.tucsonaz.gov/parksandrec	Yes- Most locations
Tucson Indian Center	(520)884-7131	<p>Youth Coalition: Meets on Saturdays for ages 8-17. Days and times are subject to change. Youth participate in various projects involving cultural education and health/wellness. Lunch is provided at the meetings.</p> <p>Native Pride Weekly Workshops: Workshops focus on Identity, Empowerment, Health, Moods & Coping, Self-determination, Growth & Relationships, and Transformation.</p> <p>The Center has many events and workshops throughout the year open to youth. Come to the center to pick up "Native Wellness Voice" which comes out monthly and gives information on upcoming events and workshops</p> <p>Summer Spirit Native Youth Camp</p> <ul style="list-style-type: none"> - One week long - Ages 13-17 - Free - Snack/lunch provided <p>97 East Congress, suite 101</p> <p>http://www.ticenter.org/</p>	6 th Ave/Pennington Ronstadt Center Stop Route #7, #8, #16, 102X

Skrappy's Tucson Youth Collective	(520) 358-4287	<p>Provides a safe and positive environment for youth by youth, the Skrappys/RebelArte Collective is a place where youth openly create and grow through the freedom of expression in music, art, dance, theatre, film, journalism, spoken word, culture and alternative life-styles. Most classes free or low cost. For more info, email:</p> <p>http://www.facebook.com/rebelartecollective</p>	
Art Awakenings	(520)792-2801	<p>Offers art therapy in a group setting for kids ages 6-17 with emphasis on trusting therapeutic relationships. Kids can only participate if they are enrolled in and have a case manager from behavioral health agency (ie: La Frontera, Casa de los Ninos, Providence, Pantano, Intermountain, Jewish Family and Children's Services, Marana Behavioral Health Services). Their case manager must make the referral.</p> <p>Kids can commission their art work and receive 80% of the profits. Alumni from the program can commission their work as well.</p> <p>450 N. 6th Ave</p> <p>http://www.artawakenings.org/studios/tucson</p>	<p>6th Ave/6th Street</p> <p>Stop is on 6th Ave.</p> <p>Route #9, #3, #102X</p> <p>*They do have a transportation van but transportation is very limited and the participant must be "in radius".</p>
Boys and Girls Club of Tucson	(520)573-3533	<p>Offers various activities including art, music, sports, field trips, and academic assistance for kids 7 yrs to 17 yrs. Several clubhouse locations throughout Tucson-see website. Activities vary by location. Membership cost: \$5 per school year and \$5 per summer (can speak with clubhouse director regarding having fee waived).</p> <p>http://www.bgctucson.org/</p>	Yes-All locations are on a busline
YMCA of Southern Arizona	<p><u>Ott</u> (520)885-2317</p> <p><u>Northwest</u> (520)229-9001</p>	<p><u>Ott location:</u> 401 S. Prudence Road <i>Teen Camp</i></p> <p><u>Northwest location:</u> 7770 N. Shannon Road <i>Teen Nights</i>- a night filled with dancing and competitive active electronic games in a safe environment.</p> <p><i>Leaders in Training</i>-provides teens opportunities to volunteer, explore career possibilities, work in groups and make new friends. Participants also receive introductions to technology and art.</p>	<p><u>Ott:</u> Not on a bus route</p> <p><u>Northwest:</u> Shannon/Campus Park Way Stop is on Shannon</p> <p>Route #61</p>

	<p><u>Lohse</u> (520)623-5200</p> <p><u>Light-house City</u> (520)795-9725</p>	<p><u>Angel Youth Center</u>-walk-in center opened Mon-Sat for kids 8-18 years with video games and other fun/safe activities.</p> <p><u>Lohse location:</u> 60 W. Alameda Street <i>Sports and Swim for teens</i></p> <p><u>Lighthouse City location:</u> 2900 N. Columbus Boulevard <i>Swim for teens</i></p> <p>*Must be a member to participate in activities but scholarships are available-each individual location has their own scholarship fund.</p> <p>http://www.tucsonymca.org/index.cfm</p>	<p><u>Lohse:</u> Stone/Alameda Stop is on Stone</p> <p>Route #102X, #103X and #109X</p> <p><u>Lighthouse City:</u> Columbus/Glenn Stop is on Columbus between Glenn/Ft. Lowell</p> <p>Route #1</p>
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Transportation

Sun Tran

(520)792-9222

<http://www.suntran.com/>

Sun Tran is the bus service for Pima County. Every one of Sun Tran's buses displays the “Safe Place” logo to let kids know they can hop on a bus and ask for help if they are in crisis and need immediate help. Youth can use the “ride guide” to help become a self-confident bus rider. Also offers “sun shuttles” to take riders to locations outside of city limits (Green Valley, Marana, Oro Valley, San Xavier, Ajo, Sahuarita, and Tucson Estates). Use the website or phone number to identify which bus routes to take to destination.

A SunGO Card, which is a longer-lasting card, offers flexibility by allowing different passes and cash value to be loaded on the card. The SunGO ticket is a short-term product that will only allow loading of the same pass for up to 90 days.

Pima County residents who meet low-income requirements are eligible for a reduced fare once they obtain a SunGO ID & Card.

The “route #” is the same as a bus line or a bus number.

An “X” next to a route number indicates that the bus is express. Express buses usually only make three trips in the morning and three in the afternoon.