

817 N. Country Club Dr.
Mesa, AZ 85201
(Country Club Drive and
Rio Salado Parkway,
behind the church)



Child Crisis Arizona
Safe kids. Strong families.

JAN-MAY
2017

childcrisisaz.org

MESA

FAMILY RESOURCE CLASSES and WORKSHOPS

CONTACT and REGISTRATION To receive this via email, contact classregistration@childcrisisaz.org or **480.834.9424**.

INFORMATION Pre-registration is required for services. If a class is not full, it will be cancelled prior to the first class.

We no longer provide child care. Children may not go into class or be left unattended on the premises. You must arrive no more than 15 minutes late to receive credit for a class or workshop. Child Crisis Arizona facilities are drug-, alcohol-, and weapon-free.

*CLASSES AND WORKSHOPS ARE SUBJECT TO CHANGE. PLEASE VISIT WEBSITE FOR MOST UPDATED SCHEDULE INFORMATION.

The Arizona Relay Service provides free, 24-hr phone access for the deaf, hard of hearing, deaf-blind and speech impaired. TTY: 711 or 1.800.367.8939 Voice: 1.800.842.4681

PARENTING CLASSES

COOPERATIVE PARENTING (Class requires \$20 book)

For separated or divorced parents committed to sharing the responsibility of raising their children.

Mon.	01/23/17-02/13/17	6-8 p.m.
Wed.	04/05/17-04/26/17	2-4 p.m.
Wed.	05/17/17-06/07/17	6-8 p.m.

ACTIVE PARENTING (Class requires \$20 book)

Parenting skills class for parents of children ages 5-12.

Thurs.	02/02/17-03/09/17	2-4 p.m.
Thurs.	03/16/17-04/20/17	6-8 p.m.

PARENTING CHILDREN WITH ADHD

An overview of ADHD, impact of the diagnosis, behaviors, treatment and parent support.

Mon.	02/06/17-03/27/17*	6-7:30 p.m.
Mon.	04/17/17-05/22/17	6-7:30 p.m.

*No class 02/20 due to President's Day

1,2,3,4 PARENTS! (Class requires \$15 book)

Parenting skills class for parents of children ages 1-4.

Mon.	02/06/17-03/20/17*	9-11 a.m.
Tues.	05/02/17-06/06/17	6-8 p.m.

* No class 02/20 due to President's Day

PARENTING OF TEENS (Class requires \$15 book)

Parenting skills class for parents of teens ages 12-18.

Tues.	02/14/17-03/21/17	6-8 p.m.
Thurs.	04/20/17-05/25/17	2-4 p.m.

PARENTING WITH PATIENCE

Tips to handle anger and stress related to parenting.

Mon.	04/06/17-05/11/17	6-8 p.m.
------	-------------------	----------

LEGAL CLINICS

FAMILY LAW AND CHILD SUPPORT ASSISTANCE CLINICS

1st Tues. monthly 6-8 p.m. (call for info.)

GUARDIANSHIP CLINIC* (ENGLISH AND SPANISH)

Document preparation assistance for kinship caregivers to establish legal guardianship.

2nd Thurs. monthly 2-4 p.m.

*Registration required.

CHILDREN'S PROGRAMS

PLAYGROUP

Bring your child(ren) ages birth to 5 and enjoy a variety of creative learning experiences. No registration required.

Tues.	January	10-11:30 a.m.
Tues.	February	10-11:30 a.m. & 3:30-4:30 p.m.

*Playgroup runs January-November - Time will be determined after February.

MESSY PLAY

Sensory play for all ages. Wear clothes that can get messy.

Sat.	01/21/17	10 a.m.-12 p.m.
Sat.	05/13/17	3-5 p.m.

READING MARATHON

Reading is fun for all ages. Spend an afternoon showing your love of reading with Child Crisis Arizona. You can bring your own books...and wear something comfy!

Sat.	02/11/17	3-5 p.m.
------	----------	----------

PLAYTIME WITH DAD

For dads and their kids ages 1-5 to enjoy a variety of creative learning experiences.

3rd Sat. bimonthly (Jan., Mar., May)* 10-11:30 a.m.

*Combined with Messy Play for January

ANGER MANAGEMENT for the FAMILY

ANGER MANAGEMENT FOR FATHERS

A class for men that explores anger, control and other emotions related to parenting.

Tues.	01/24/17-02/28/17	6-8 p.m.
Tues.	04/04/17-05/09/17	6-8 p.m.

HUFFY HIPPOS*

For kids ages 3-5 and their parents.

Mon.	03/06/17-03/27/17	6:15-7:45 p.m.
Mon.	05/15/17-06/12/17*	6:15-7:45 p.m.

*Class held at 170 W. University Drive, Mesa, AZ 85201

*No class 05/29 due to Memorial Day

RAGING RHINOS AND GROWLING GRIZZLIES*

For kids ages 6-10 and their parents.

Wed.	04/19/17-05/10/17	6:15-7:45 p.m.
------	-------------------	----------------

*Class held at 170 W. University Drive, Mesa, AZ 85201

PARENTING WORKSHOP

CHILD DEVELOPMENT

General information about physical, social, emotional and cognitive development of children birth to five.

Mon.	01/09/17	6-8 p.m.
Mon.	03/20/17	2-4 p.m.
Mon.	05/01/17	10 a.m.-12 p.m.

BEATING BEDTIME BATTLES

Strategies for winning the bedtime battles with your kids.

Tues.	01/17/17	6-8 p.m.
Mon.	04/03/17	2-4 p.m.

PARENTING AND STRESS

Improve communication during stressful times.

Wed.	01/18/17	6-8 p.m.
Wed.	03/22/17	2-4 p.m.
Sat.	05/20/17	9-11 a.m.

TRIPLE P®- THE POWER OF POSITIVE PARENTING

Parents learn positive parenting principles.

Thurs.	01/19/17	9-11 a.m.
Mon.	02/27/17	1-3 p.m.
Thurs.	04/13/17	3-5 p.m.

ATTACHMENT AND BONDING WITH INFANTS AND TODDLERS

Key interactions that build secure bonding and attachment between adults and young children.

Mon.	01/23/17	2-4 p.m.
Mon.	04/03/17	10 a.m.-12 p.m.
Sat.	04/22/17	1-3 p.m.

EXPECTANT CHILD AND INFANT CARE

Discuss how to calm a crying baby, brain development and other infant-related topics. For expectant parents of infants, birth to three months.

Tues.	01/24/17 & 01/31/17	10 a.m.-12 p.m.
Tues.	05/23/17 & 05/30/17	10 a.m.-12 p.m.

A CAREGIVER'S GUIDE TO UNDERSTANDING TEEN DATING VIOLENCE

Walk away with a better understanding of teen dating violence as well as what to look for and communication tips.

Fri.	01/27/17	2-4 p.m.
Mon.	03/06/17	6-8 p.m.
Tues.	05/16/17	4-6 p.m.

COMMUNICATING EFFECTIVELY WITH INFANTS AND TODDLERS

An overview of successful parent/child communication styles as well as practical suggestions to improve communication with young children.

Mon.	02/06/17	2-4 p.m.
Wed.	03/08/17	2-4 p.m.
Mon.	05/15/17	10 a.m.-12 p.m.

UNDERSTANDING TEMPERAMENT

Learn how personality is shaped and tips to improve parent/child relationships.

Mon.	02/13/17	2-4 p.m.
Mon.	05/08/17	10 a.m.-12 p.m.

ACCESSING AND NAVIGATING YOUR COMMUNITY RESOURCES

A 1.5 hour session dedicated to learning how to tap into your immediate support network, access community resources and navigate through the community for individual needs.

Wed.	02/15/17	1-2:30 p.m.
------	----------	-------------

PARENTING ON THE SAME PAGE

Positive co-parenting strategies for same and separate households.

Fri.	02/17/17	10 a.m.-12 p.m.
Wed.	03/15/17	2-4 p.m.
Tues.	05/02/17	5-7 p.m.

ADVERSE CHILDHOOD EXPERIENCES

Awareness of the effects of childhood trauma on adult health and how to keep kids safe and healthy.

Sat.	02/18/17	1-3 p.m.
Thurs.	04/27/17	10 a.m.-12 p.m.

SHE CALLS ME DADDY

Fathers learn the impact that they have on their daughters' lives.

Sat.	02/25/17	9-11 a.m.
Mon.	04/17/17	2-4 p.m.

LITTLE BOOKWORMS

Strategies for helping your child birth to five learn language, communication and literacy skills.

Mon.	02/27/17	6-8 p.m.
Fri.	05/26/17	2-4 p.m.

POTTY TRAINING 101

Strategies for helping your child potty train successfully.

Mon.	03/06/17	2-4 p.m.
Mon.	04/24/17	10 a.m.-12 p.m.

POSITIVE DISCIPLINE AND GUIDANCE

Effective discipline techniques for families.

Mon.	03/13/17	2-4 p.m.
Mon.	04/10/17	10 a.m.-12 p.m.
Tues.	05/23/17	5-7 p.m.

TRIPLE P®- RAISING CONFIDENT, COMPETENT CHILDREN

How to help children learn important life skills and how to become confident, competent individuals.

Mon.	03/13/17	1-3 p.m.
Tues.	04/25/17	9-11 a.m.

CPR AND FIRST AID

One-night class certification in CPR/First Aid.

Cost is \$35 for both or \$30 for CPR or First Aid only.

Wed.	03/15/17	5:30-9 p.m.
------	----------	-------------

RAISING HEALTHY SONS

31 tips for raising healthy sons.

Sat.	03/25/17	10 a.m.-12 p.m.
Mon.	05/17/17	6-8 p.m.

RAISING EMOTIONALLY HEALTHY CHILDREN

Mon.	03/27/17	2-4 p.m.
Mon.	05/22/17	10 a.m.-12 p.m.

TRIPLE P®- RAISING RESILIENT CHILDREN

Parents learn how to teach children emotion-regulation skills.

Mon.	04/03/17	9-11 a.m.
Tues.	05/16/17	10 a.m.-12 p.m.

PLAYING IT SAFE: A WATER SAFETY PROGRAM FOR PARENTS OF CHILDREN 0-5*

A Phoenix Children's Hospital expert teaches how to reduce parents' stress around water and keep kids safe at the pool.

Wed.	05/03/17	5:30-6:30 p.m.
------	----------	----------------

*Registration required.

SERVICIOS EN ESPAÑOL

DESARROLLO DEL NIÑO

Información general sobre el desarrollo físico, social, emocional y cognitivo de los niños desde el nacimiento hasta los once años.

Martes 01/10/17 6-8 p.m.

EXPERIENCIAS DE LA NIÑEZ ADVERSOS

Saber los efectos del trauma de la niñez y como afecta la salud del adulto, y cómo mantener a los niños seguros y saludables.

Martes 01/17/17 1-3 p.m.

Lunes 05/01/17 9-11 a.m.

TRIPLE P®- EL PODER DE LA CRIANZA POSITIVA

Presenta los 5 principios básicos de la crianza positiva.

Jueves 01/26/17 6-8 p.m.

Lunes 03/20/17 2-4 p.m.

Jueves 05/11/17 10 a.m.-12 p.m.

COMPRENSIÓN DE EL TEMPERAMENTO

Información sobre cómo se forma la personalidad y consejos para mejorar las relaciones de padre e hijo.

Martes 01/31/17 6-8 p.m.

PRIMEROS AUXILIOS Y CPR

Una clase de noche para certificación en Primeros Auxilios y CPR. El costo es \$35 para las dos certificaciones, o \$30 para no más para una clase de Primeros Auxilios o una clase de CPR.

Miércoles 02/15/17 5:30-9 p.m.

ORIENTACIÓN Y DISCIPLINA POSITIVA

Técnicas de disciplina efectiva para las familias.

Sábado 02/18/17 10 a.m.-12 p.m.

UTILIZANDO LOS RECURSOS DE LA COMUNIDAD

Un taller que enseña como pedir y utilizar los recursos de su comunidad y como pedir ayuda a su red de apoyo.

Martes 02/28/17 1-3:30 p.m.

TRIPLE P®- LA CRIANZA DE NINOS RESISTENTES

Los padres aprenden cómo enseñar a los niños habilidades de regulación de emoción.

Miércoles 03/29/17 10 a.m.-12 p.m.

Sábado 05/20/17 10 a.m.-12 p.m.

TRIPLE P®- COMO CRIAR NINOS SEGUROS, CAPACES

Cómo ayudar a los niños a aprender habilidades importantes de la vida y cómo ser personas de confianza y competentes.

Lunes 04/03/17 1-3 p.m.

Martes 05/02/17 10 a.m.-12 p.m.

LA COMUNICACIÓN EFICAZ CON BEBÉS Y NIÑOS PEQUEÑOS

Una visión general de los padres y de la comunicación infantil exitosos estilos, con sugerencias prácticas para mejorar la comunicación con niños pequeños.

Sábado 04/22/17 10 a.m.-12 p.m.

1, 2, 3, 4 PADRES (\$15.00 costo de libro)

Un curso para mejorar sus habilidades como padre de familia. 1-4 años.

Jueves 04/27/17-06/01/17 6-8 p.m.

NIÑOS SEGUROS: UN PROGRAMA DE SEGURIDAD EN EL AGUA PARA PADRES DE NIÑOS 0-5*

Un experto del Phoenix Children's Hospital puede enseñarle como reducir el estrés y mantener a sus niños seguros en la piscina.

Miércoles 05/03/17 5:30-6:30 p.m.

*Registration required.

FINANCIAL LITERACY WORKSHOPS

FIVE STEPS TO FINANCIAL HEALTH

Learn about the five core money management areas that every person needs to have in place to be financially secure.

Wed. 02/08/17 6-8 p.m.

UNDERSTANDING THE IMPACT OF CREDIT IN TODAY'S SOCIETY

Understanding the credit reporting system, your free credit report, credit scores and repairing bad credit.

Thurs. 03/23/17 3-5 p.m.

VALUE OF A DOLLAR: TEACHING YOUR K-8 CHILD

Parents learn how to introduce money concepts to children.

Thurs. 05/25/17 6-8 p.m.