



FAMILY RESOURCE CLASSES & WORKSHOPS

CONTACT & REGISTRATION

To receive this via email, contact us at classregistration@childcrisisaz.org, (480) 834-9424 or childcrisisaz.

INFORMATION

Pre-registration is required for services. Each class has a minimum. If a class is not full, it will be canceled prior to the first night. 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 **5 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

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

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

Tuesday **10/09 - 11/13** **9 - 11 a.m.**

Cooperative Parenting (Class requires \$20 book)

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

Wednesday **11/07 - 12/05*** **5 - 7 p.m.**

***No class 11/21**

Parenting Children with ADHD

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

Monday **9/10 - 10/08** **6 - 7:30 p.m.**

Parenting of Teens (Class required \$15 book)

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

Monday **09/24 - 10/29** **1 - 3 p.m.**

Parenting the Love & Logic Way® (Class requires \$10 book)

Parenting course developed by Love and Logic Institute, designed to help find specific answers and actions for some of those difficult moments in child rearing.

Monday **10/22 - 11/19** **3 - 5 p.m.**

Understanding Family Nutrition

A nutrition course offered through the University of Arizona that covers nutrition essentials such as My Plate, key nutrients, food safety, stretching the food dollar, calories and fats, and osteoporosis prevention.

Tuesday **10/30 - 11/13** **4:30 - 6 p.m.**

ANGER MANAGEMENT FOR THE FAMILY

Anger Management for Fathers

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

Thursday **9/13 - 10/18** **6 - 8 p.m.**

Thursday **11/01 - 12/06*** **6 - 8:30 p.m.**

***No class 11/22**

Huffy Hippos

Anger management and skill-building classes. For children ages 3-5 and their parents.

Friday **9/14 - 10/12** **9:30 - 10:30 a.m.**

Raging Rhinos and Growling Grizzlies

Anger management and skill-building classes. For children ages 6-10 and their parents.

Wednesday **10/03 - 10/24** **5:30 - 7 p.m.**

PARENTING WORKSHOPS

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.

Monday 10/08 3 - 5 p.m.
Tuesday 11/27 3 - 5 p.m.

Adverse Childhood Experiences

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

Wednesday 10/31 9 - 11 a.m.
Tuesday 11/13 5 - 7 p.m.

Attachment and Bonding with Infants and Toddlers

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

Thursday 9/06 6 - 8 p.m.
Tuesday 12/04 3 - 5 p.m.

Beating Bedtime Battles

Strategies for winning the bedtime battles with your kids.

Thursday 9/20 1 - 3 p.m.
Tuesday 11/27 6 - 8 p.m.

Child Development

General information about physical, social, emotional and cognitive development of children birth-11.

Wednesday 9/26 1 - 3 p.m.
Thursday 10/25 6 - 8 p.m.

Communicating Effectively with Infants & Toddlers

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

Friday 9/21 11:30 a.m. - 1:30 p.m.
Tuesday 10/30 6 - 8 p.m.
Thursday 11/08 9 - 11 a.m.

CPR & First Aid

(Cost is \$40 for both or \$35 for CPR or First Aid only)

One-night class certification in CPR/First Aid.

Wednesday 11/07 5:30 - 9 p.m.

Fathers Raising Daughters

Learn the impacts fathers have on their daughters' lives.

Wednesday 9/26 6 - 8 p.m.
Thursday 12/06 3 - 5 p.m.

He Said, She Said: Improving Interpersonal Communication with your Co-Parent

Strategies to enhance and understand male and female communication.

Monday 10/01 3 - 5 p.m.
Wednesday 11/14 6 - 8 p.m.

Kindergarten Readiness

This workshop focuses on how to help children make the transition from preschool into kindergarten.

Friday 10/26 10 a.m. - 12 p.m.
Wednesday 12/05 2 - 4 p.m.

Parenting and Stress

Understand the effects of stress on parenting and walk away with healthy strategies to manage stress.

Monday 9/17 2 - 4 p.m.
Thursday 11/01 2 - 4 p.m.
Wednesday 11/14 1 - 3 p.m.

Parenting on the Same Page

Positive co-parenting strategies for same and separate households.

Wednesday 9/26 6 - 8 p.m.
Monday 10/01 11 a.m. - 1 p.m.
Tuesday 11/20 6 - 8 p.m.

Parenting Through Adverse Childhood Experiences

Awareness of childhood trauma and how it may affect parenting. Explore ways to positively parent through ACE's and build emotionally healthy, strong families.

Friday 10/05 11:30 a.m. - 1:30 p.m.
Thursday 10/18 6 - 8 p.m.

Positive Discipline and Guidance

Effective discipline techniques for families.

Tuesday 10/02 2 - 4 p.m.
Thursday 11/01 9 - 11 a.m.
Thursday 11/15 3 - 5 p.m.

Potty Training 101

Strategies for helping your child potty train successfully.

Thursday 10/25 11 a.m. - 1 p.m.

Raising Emotionally Intelligent Children

Social emotional development in children is crucial to a child's ability to survive and thrive. Together, we explore the foundation of emotional health and literacy as well as strategies to support social and emotional development from early childhood through teen years.

Tuesday 9/11 12 - 2 p.m.

Monday 10/15 6 - 8 p.m.

Friday 11/16 11:30 a.m. - 1:30 p.m.

Raising Healthy Sons

31 tips for raising healthy sons.

Thursday 9/27 3 - 5 p.m.

Single Parenting Today

Covers the unique challenges and strengths of parenting alone.

Wednesday 9/19 10 a.m. - 12 p.m.

Tuesday 11/20 6 - 8 p.m.

Understanding Temperament

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

Wednesday 9/12 9 - 11 a.m.

Thursday 10/04 2 - 4 p.m.

Friday 10/19 3 - 5 p.m.

LEGAL CLINICS

Family Law and Child Support Assistance Clinics

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

Guardianship Clinic* (English and Spanish)

Document preparation assistance for kinship caregivers to establish legal guardianship.

**Registration required*

2nd Thursdays, monthly 2 - 4 p.m.

SERVICIOS EN ESPANOL

1,2,3,4 Padres!

(La clase requiere libro de \$15)

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

lunes 10/22 - 11/26 6 - 8 p.m.

Paternidad Activa (La clase requiere libro de \$20)

Un curso para mejorar sus habilidades como padre de familia. 5-12 años.

miércoles 9/06 - 10/11 9 - 11 a.m.

Entrenamiento Para ir al Baño

Consejos para el entrenamiento del baño para los pequeños.

lunes 9/10 1 - 3 p.m.

Preparación para Kinder

Este taller se enfoca en cómo ayudar a los niños a hacer la transición de preescolar a kinder.

martes 9/11 11 a.m. - 1 p.m.

El Apego Y Vínculo Con Su Bebé Y Niños Pequeños

Promoción del apego seguro en los niños.

Aprende interacciones que construyen un vínculo y unión segura entre padres e hijos pequeños.

viernes 9/21 12 - 2 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 9/25 6 - 8 p.m.

viernes 11/30 11 a.m. - 1 p.m.

Orientacion y Disciplina Positiva

Técnicas de disciplina efectiva para las familias.

miércoles 9/26 9 - 11 a.m.

lunes 10/29 10 a.m. - 12 p.m.

Pequeño ratón de biblioteca

Estrategias para ayudar a su niños de cero a cinco años a aprender habilidades de lenguaje, comunicación y alfabetización.

viernes 9/28 1 - 3 p.m.

Desarrollo del Niño

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

miércoles 10/24 9 - 11 a.m.