



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.

Wednesday 9/12 - 10/17 1 - 3 p.m.

Active Parenting (Class requires \$20 book)
Parenting skills class for parents of children ages 5-12.

Friday 10/05 - 11/09 12 - 2 p.m.

Cooperative Parenting (Class requires \$20 book)
For separated or divorced parents committed to sharing the responsibility of raising their children.

Wednesday 9/12 - 10/03 10 a.m. - 12 p.m.

Parenting of Teens (Class required \$15 book)
Parenting skills class for parents of teens ages 12-18.

Friday 10/12-11/16 9 - 11 a.m.

Parenting through Transition
Covers the impact of transition/loss on parents and children and new strategies to handle change.

Tuesday 11/06-11/27 12 - 2 p.m.

ANGER MANAGEMENT FOR THE FAMILY

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

Wednesday 10/10 - 11/7 3:30 - 4:30 p.m.

Parenting with Patience
Tips to handle anger and stress related to parenting.

Monday 10/29 - 12/3 12 - 2 p.m.

PARENTING WORKSHOPS

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

Thursday 10/11 1 - 3 p.m.

Monday 10/29 9 - 11 a.m.

Tuesday 12/04 10 a.m. - 12 p.m.

Attachment and Bonding with Infants and Toddlers
Key interactions that build secure bonding and attachment between adults and young children.

Wednesday 10/24 12 - 2 p.m.

Thursday 11/15 1 - 3 p.m.

Beating Bedtime Battles

Strategies for winning the bedtime battles with your kids.

Thursday	10/18	9 - 11 a.m.
Monday	11/05	1 - 3 p.m.

Child Development

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

Monday	10/08	10 a.m. - 12 p.m.
Monday	12/03	10 a.m. - 12 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.

Wednesday	10/17	10 a.m. - 12 p.m.
Wednesday	12/05	10 a.m. - 12 p.m.

Fathers Raising Daughters

Learn the impacts fathers have on their daughters' lives.

Tuesday	9/25	9 - 11 a.m.
Thursday	11/15	10 a.m. - 12 p.m.

Kindergarten Readiness

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

Thursday	9/27	1 - 3 p.m.
Thursday	11/08	11 a.m. - 1 p.m.

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

Strategies to enhance and understand male and female communication.

Thursday	10/25	9 - 11 a.m.
Friday	12/07	10 a.m. - 12 p.m.

Little Bookworms

Strategies for helping your child birth - 5 learn language, communication and literacy skills.

Monday	09/17	1 - 3 p.m.
Thursday	11/29	10 a.m. - 12 p.m.

Parenting and Stress

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

Thursday	9/20	1 - 3 p.m.
Friday	9/28	1 - 3 p.m.
Tuesday	11/20	9 - 11 a.m.

Parenting on the Same Page

Positive co-parenting strategies for same and separate households.

Thursday	10/11	10 a.m. - 12 p.m.
Thursday	11/01	1 - 3 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.

Thursday	9/13	1 - 3 p.m.
Friday	11/30	10 a.m. - 12 p.m.

Potty Training 101

Strategies for helping your child potty train successfully.

Thursday	9/20	10 a.m. - 12 p.m.
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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	10/02	11 a.m. - 1 p.m.
Thursday	12/06	10 a.m. - 12 p.m.

Raising Healthy Sons

31 tips for raising healthy sons.

Thursday	09/13	10:30 a.m. - 12:30 p.m.
Monday	11/12	9 - 11 a.m.

Single Parenting Today

Covers the unique challenges and strengths of parenting alone.

Tuesday	10/30	1 - 3 p.m.
Wednesday	11/07	10 a.m. - 12 p.m.

Understanding Temperament

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

Thursday	9/27	10 a.m. - 12 p.m.
Monday	10/22	10 a.m. - 12 p.m.

SERVICIOS EN ESPAÑOL

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.

lunes	10/22	1 - 3 p.m.
viernes	11/16	12 - 2 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.

jueves	10/04	10 a.m. - 12 p.m.
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Orientacion y Disciplina Positiva

Técnicas de disciplina efectiva para las familias.

lunes	9/17	9 - 11 a.m.
martes	10/09	12 - 2 p.m.