



**COMMUNITY-BASED CLASSES & WORKSHOPS**

**CONTACT & REGISTRATION**

To receive this via email, contact us at [classregistration@childcrisisaz.org](mailto:classregistration@childcrisisaz.org), (480) 834-9424 or [childcrisisaz.org](http://childcrisisaz.org).

**INFORMATION**

Pre-registration is required for services. Each class has a minimum. If a class is not full it will be cancelled 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.

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.

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

**A NEW LEAF - LA MESITA**  
2254 W. Main Street  
Mesa, AZ 85201

**Managing Stress as a Parent**

*Stress effects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.*

**Tues. 9/3 6:30 - 8:30 pm**

**Positive Discipline & Guidance**

*Positive discipline techniques promote behavior control, self-esteem, and self-worth. Learn how to pro-actively encourage the behavior you want to see with these positive parenting strategies.*

**Mon. 10/21 6:30 - 8:30 pm**

**Understanding Online Safety**

*In a world where technology continues to advance, youth today are exposed to many things through the internet, social media and various apps. Learn about online safety, setting technology limits and other media issues that youth are facing when online.*

**Thurs. 11/7 6:30 - 8:30 pm**

**Adverse Childhood Experiences**

*Childhood trauma effects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe.*

**Mon. 12/16 6:30 - 8:30 pm**

**AZCEND**

345 S. California Street  
Chandler, AZ 85225

**Understanding Temperament**

*Learn the three main innate temperament styles and the traits impacting child and adult behavior. We explain how to adjust parenting styles to meet the needs of each child's temperament, in order to promote healthy development.*

**Tues. 9/3 2 - 4 pm**

**Child Development**

*An overview of developmentally appropriate physical, cognitive, social and emotional milestones from birth to 11-years. Learn how to help address key features within each developmental stage.*

**Tues. 10/1 2 - 4 pm**

## Raising Sons & Daughters

Parents play a crucial role in the lives of their children. Understand the impact both fathers and mothers have on the lives of their children while exploring tips and strategies for raising healthy sons and daughters.

Tues. 11/5 2 - 4 pm

## Understanding Online Safety

In a world where technology continues to advance, youth today are exposed to many things through the internet, social media and various apps. Learn about online safety, setting technology limits and other media issues that youth are facing when online.

Tues. 12/3 2 - 4 pm

### AZCEND

132 W. Bruce Ave.  
Gilbert, AZ 85233

## Kindergarten Readiness

This workshop focuses on how to help children make the transition from preschool into kindergarten. Each participant will receive a free kindergarten readiness kit.

Mon. 9/9 2 - 4 pm

## Communicating Effectively with Infants & Toddlers

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

Mon. 10/7 2 - 4 pm

### FRESH START WOMEN'S FOUNDATION

1130 E. McDowell Road  
Phoenix, AZ 85006

**FSWF workshops only available to individuals who identify as female.**

## Positive Discipline & Guidance

Positive discipline techniques promote behavior control, self-esteem, and self-worth. Learn how to pro-actively encourage the behavior you want to see with these positive parenting strategies.

Tues. 10/22 2 - 4 pm

## Promoting Secure Attachment

Secure attachment is the foundation for healthy relationships from childhood into adulthood. Explore parenting strategies and interactions to foster healthy attachment in your child's life.

Wed. 11/13 9:30 - 11:30 am

## Understanding Temperament

Learn the three main innate temperament styles and the traits impacting child and adult behavior. We explain how to adjust parenting styles to meet the needs of each child's temperament, in order to promote healthy development.

Mon. 12/16 5:45 - 7:45 pm

### GOODWILL CAREER CENTER

6750 W. Peoria Ave  
Peoria, AZ 85345

## Little Bookworms

Strategies for helping your 0-5 child learn language, communication and literacy skills.

Fri. 10/11 10 am - 12 pm

### GOODWILL CAREER CENTER

1625 W. Camelback Rd.  
Phoenix, AZ 85015

## Understanding Online Safety

In a world where technology continues to advance, youth today are exposed to many things through the internet, social media and various apps. Learn about online safety, setting technology limits and other media issues that youth are facing when online.

Fri. 9/13 10 am - 12 pm

## Managing Stress as a Parent

Stress effects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.

Fri. 12/13 10 am - 12 pm

## GOODWILL CAREER CENTER

4005 N. 16th St.  
Phoenix, AZ 85016

### 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.*

Fri. 11/22 10 am - 12 pm

## HEALING HEARTS

21805 S. Ellsworth Rd. Suite B111  
Queen Creek, AZ 85142

### Raising Sons & Daughters

*Parents play a crucial role in the lives of their children. Understand the impact both fathers and mothers have on the lives of their children while exploring tips and strategies for raising healthy sons and daughters.*

Fri. 9/6 10 am - 12 pm

### 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.*

Fri. 10/18 10 am - 12 pm

### Managing Stress as a Parent

**Stress effects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.**

Fri. 11/22 10 am - 12 pm

### Understanding Temperament

*Learn the three main innate temperament styles and the traits impacting child and adult behavior. We explain how to adjust parenting styles to meet the needs of each child's temperament, in order to promote healthy development.*

Thurs. 12/5 2 - 4 pm

## HELEN'S HOPE CHEST

126 E. University Dr.  
Mesa, AZ 85201

### Relatives as Parents Support Group

*Join other kinship families to find support and community connections*

2nd Tues. of every month 6 - 7:30 pm

## ICAN

650 E. Morelos Street  
Chandler, AZ 85225

### Promoting Secure Attachment

*Secure attachment is the foundation for healthy relationships from childhood into adulthood.*

*Explore parenting strategies and interactions to foster healthy attachment in your child's life.*

Thurs. 9/12 5:30 - 7:30 pm

### Managing Stress as a Parent

*Stress effects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.*

Thurs. 10/24 5:30 - 7:30 pm

### Child Development

*An overview of developmentally appropriate physical, cognitive, social and emotional milestones from birth to 11-years. Learn how to help address key features within each developmental stage.*

Thurs. 11/21 5:30 - 7:30 pm

## MESA PUBLIC LIBRARY

64 E 1st St.  
Mesa, AZ 85201

### Kindergarten Readiness

*This workshop focuses on how to help children make the transition from preschool into kindergarten. Each participant will receive a free kindergarten readiness kit.*

Thurs. 9/19 3 - 5 pm

### **Managing Stress as a Parent**

*Stress effects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.*

**Wed. 10/23 6 - 8 pm**

### **Adverse Childhood Experiences**

*Childhood trauma effects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe.*

**Mon. 11/18 6 - 8 pm**

### **Positive Discipline & Guidance**

*Positive discipline techniques promote behavior control, self-esteem, and self-worth. Learn how to pro-actively encourage the behavior you want to see with these positive parenting strategies.*

**Tues. 12/17 6 - 8 pm**

### **Understanding Online Safety**

*In a world where technology continues to advance, youth today are exposed to many things through the internet, social media and various apps. Learn about online safety, setting technology limits and other media issues that youth are facing when online.*

**Wed. 12/18 10 am - 12 pm**

## **SCOTTSDALE FAMILY RESOURCE CENTER**

**6535 E. Osborn Road Building 7  
Scottsdale, AZ 85251**

### **Positive Discipline & Guidance**

*Positive discipline techniques promote behavior control, self-esteem, and self-worth. Learn how to pro-actively encourage the behavior you want to see with these positive parenting strategies.*

**Thurs. 9/12 6 pm - 8 pm**

### **Managing Stress as a Parent**

*Stress effects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.*

**Wed. 10/9 10 am - 12 pm**

### **A Guide to Healthy Teen Dating**

*Walk away with a better understanding of how to influence your teen to have healthy teen dating relationships while also learning the signs of dating violence. This workshop is recommended for parents with children as young as 11-years.*

**Tues. 10/29 5 pm - 7 pm**