



## FAMILY RESOURCE CLASSES & WORKSHOPS

### CLASSES & WORKSHOPS ARE SUBJECT TO CHANGE.

Please visit <https://register.communitypass.net/ChildCrisisArizona> for most updated schedule information.

### 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**

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### PARENTING CLASSES

#### 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. 9/24 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.*

**Tues. 10/22 10 am - 12 pm**

#### Parenting on the Same Page

*Information and strategies for co-parenting children whether you're in the same or separate households. Explore your parenting style and motivation to create a foundation to approach parenting and further support your children grow into healthy adults.*

**Mon. 10/28 1 - 3 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.*

**Mon. 9/30 1 - 3 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.*

**Thurs. 10/24 10 am - 12 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 1 - 3 pm**