



## FAMILY RESOURCE 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 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.

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.**

### PARENTING CLASSES

#### Active Parenting (class requires \$20 book)

*Parenting skills class for parents of children ages 5-12. 6-week class must meet weekly for 6 weeks.*

Mon. 5/11-6/22\* 6 - 8 pm  
\*No class 5/25

#### Cooperative Parenting (class requires \$20 book)

*For separated or divorced parents committed to sharing the responsibility of raising their children. 4-week class must meet weekly.*

Thurs. 1/16-2/6 1 - 3 pm  
Wed. 4/22-5/13 2 - 4 pm

#### First Five Years (class requires \$15 book)

*Learn to build a strong foundation for children birth to age five. 4-week class must meet weekly.*

Wed. 1/22-2/12 10 am - 12 pm  
Wed. 3/11-4/1 2 - 4 pm

#### Parenting Children w/ADHD

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

**6-week class must meet weekly.**

Mon. 1/13-2/24\* 6 - 7:30 pm  
\*No class 1/20

#### Parenting the Love and 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. 6-week class must meet weekly.*

Thurs. 5/14-6/18 10 am - 12 pm

#### Parenting Through Transition

*Covers the impact of transition/loss on parents and children and new strategies to handle change. 4-week class must meet weekly.*

Mon. 4/27-5/18 3 - 5 pm

### ANGER MANAGEMENT FOR THE FAMILY

#### Anger Management for Fathers

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

**6-week class must meet weekly.**

Wed. 4/29-6/3 6 - 8 pm

## PARENTING WORKSHOPS

### 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.  | 1/13 | 10 am - 12 pm |
| Tues. | 2/4  | 2 - 4 pm      |
| Wed.  | 3/4  | 10 am - 12 pm |
| Fri.  | 4/24 | 9 - 11 am     |

### Bullying – Signs, Symptoms and Solutions

*A bully is defined as an individual who seeks out others that are viewed as vulnerable, with intent to cause harm. Bullying is a reality for our youth, and it's important to know signs and strategies to support those who are bullying and being bullied.*

|      |      |               |
|------|------|---------------|
| Wed. | 1/29 | 2 - 4 pm      |
| Fri. | 2/28 | 10 am - 12 pm |
| Mon. | 3/23 | 1 - 3 pm      |

### Car Seat Safety

*Let's talk about car seat safety! A Certified Car Seat Technician will provide instruction and information and you will learn all about your children being safe while they ride in your car. In week two, get one-on-one coaching in your car so you can be confident the car seat is tight and being used right!. 2-week class must meet weekly.*

|      |             |               |
|------|-------------|---------------|
| Mon. | 1/27 & 2/3  | 1 - 3 pm      |
| Mon. | 4/20 & 4/27 | 10 am - 12 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.*

|       |      |               |
|-------|------|---------------|
| Mon.  | 2/3  | 10 am - 12 pm |
| Wed.  | 3/4  | 2 - 4 pm      |
| Tues. | 4/7  | 9 - 11 am     |
| Tues. | 5/26 | 6 - 8 pm      |

### Human Trafficking

*Human trafficking doesn't just happen in other countries; it happens right here in Arizona communities. Learn how traffickers in Arizona recruit their victims, the role of social media, and steps parents and others can take to protect children. We also provide real-life examples of human trafficking in Arizona and explain what you should do if you suspect someone may be a victim.*

|       |      |          |
|-------|------|----------|
| Tues. | 1/21 | 5 - 7 pm |
| Wed.  | 2/26 | 4 - 6 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.  | 1/28 | 2 - 4 pm      |
| Mon.   | 2/24 | 3 - 5 pm      |
| Mon.   | 3/16 | 6 - 8 pm      |
| Thurs. | 4/2  | 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.*

|        |      |               |
|--------|------|---------------|
| Wed.   | 1/8  | 10 am - 12 pm |
| Thurs. | 2/20 | 6 - 8 pm      |
| Mon.   | 3/2  | 1 - 3 pm      |
| Fri.   | 4/17 | 10 am - 12 pm |
| Wed.   | 5/27 | 3 - 5 pm      |

### Parenting When One Parent is Incarcerated

*This workshop will address the ways in which a custodial parent can best cope with the special challenges involved when a parent is in prison. It will also provide suggestions for healthy ways for the child to interact with the prisoner and ways for the family to become stronger in preparation for release. There will be plenty of time for questions!*

|        |      |          |
|--------|------|----------|
| Thurs. | 2/6  | 6 - 8 pm |
| Tues.  | 4/21 | 5 - 7 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.*

|               |             |                      |
|---------------|-------------|----------------------|
| <b>Tues.</b>  | <b>1/28</b> | <b>10 am - 12 pm</b> |
| <b>Mon.</b>   | <b>3/9</b>  | <b>1 - 3 pm</b>      |
| <b>Thurs.</b> | <b>4/9</b>  | <b>6 - 8 pm</b>      |
| <b>Tues.</b>  | <b>5/26</b> | <b>2 - 4 pm</b>      |

### **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.*

|               |             |                      |
|---------------|-------------|----------------------|
| <b>Fri.</b>   | <b>1/31</b> | <b>9 - 11 am</b>     |
| <b>Thurs.</b> | <b>3/26</b> | <b>2 - 4 pm</b>      |
| <b>Wed.</b>   | <b>4/15</b> | <b>6 - 8 pm</b>      |
| <b>Wed.</b>   | <b>5/20</b> | <b>10 am - 12 pm</b> |

### **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.*

|              |             |                      |
|--------------|-------------|----------------------|
| <b>Tues.</b> | <b>2/25</b> | <b>10 am - 12 pm</b> |
| <b>Mon.</b>  | <b>3/16</b> | <b>2 - 4 pm</b>      |
| <b>Wed.</b>  | <b>5/20</b> | <b>3 - 5 pm</b>      |

### **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.*

|               |             |                      |
|---------------|-------------|----------------------|
| <b>Fri.</b>   | <b>1/10</b> | <b>10 am - 12 pm</b> |
| <b>Thurs.</b> | <b>2/27</b> | <b>1 - 3 pm</b>      |
| <b>Thurs.</b> | <b>4/30</b> | <b>2 - 4 pm</b>      |
| <b>Tues.</b>  | <b>5/12</b> | <b>6 - 8 pm</b>      |

### **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.*

|               |             |                      |
|---------------|-------------|----------------------|
| <b>Wed.</b>   | <b>1/15</b> | <b>6 - 8 pm</b>      |
| <b>Tues.</b>  | <b>3/10</b> | <b>10 am - 12 pm</b> |
| <b>Thurs.</b> | <b>4/2</b>  | <b>3 - 5 pm</b>      |
| <b>Fri.</b>   | <b>5/15</b> | <b>10 am - 12 pm</b> |

### **LEGAL CLINICS**

#### **Family Law and Child Support Assistance Clinics**

*Call for Information*

**1st Tuesdays, monthly** **6 - 8 pm**

#### **Guardianship Clinic\* (English and Spanish)**

*Document preparation assistance for kinship caregivers to establish legal guardianship.*

**\*Registration required.**

**2nd Thursdays, monthly** **2 - 4 pm**