



Child Crisis Arizona
Safe kids. Strong families.

ONLINE CLASSES AND WORKSHOPS

Adverse Childhood Experiences

Childhood trauma effects behavior into adulthood. Learn about the impacts, and how to promote healthy behaviors to keep kids safe.
FRIDAY • 10/23 • 10 a.m. to 12 p.m.

Basic Nutrition for Families

Acquire the knowledge, skills, attitude, and behavior necessary for nutritionally sound diets, improvement of the total family diet, and nutritional well-being
TUESDAY & THURSDAY • 10/13 & 10/15 • 10 to 11:15 a.m.

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.
THURSDAY • 10/8 • 10 a.m. to 12 p.m.

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. Car seats will be provided to participants that qualify.
THURSDAY • 10/29 • 6 to 8 p.m.

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.
MONDAY • 10/12 • 5 to 7 p.m.
THURSDAY • 10/22 • 6 to 8 p.m.

Conscious Discipline

Conscious Discipline is an evidence-based, trauma-informed approach to parenting. Learn ways to manage your emotions while helping your child manage their emotions. Learn ways to problem solve during difficult behaviors and use effective consequences as a parent.
WEDNESDAY • 10/14 & 10/21 • 9 to 11 a.m.

Drug Trends

An overview of why kids use drugs, why some kids are more at risk than others, current trends in substance abuse (alcohol, prescription drugs, vaping and marijuana) and what to do if you suspect or know that your child is using drugs.
MONDAY • 10/5 • 6 to 7:30 p.m.

E-Cigarettes and Vaping

This topic will focus on educating students about the common myths surrounding vaping and the use of e-cigarettes. Coordinators will provide information on the evolution of e-cigarettes and the dangers associated with the device and the chemicals people are inhaling when using them.
THURSDAY • 10/15 • 6 to 7:30 p.m.

Human Trafficking

This presentation discusses the crime of human trafficking and steps teens can take to protect themselves. 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 of human trafficking.
THURSDAY • 10/22 • 10 to 11:30 a.m.

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's growth into healthy adults.
FRIDAY • 10/2 • 10 a.m. to 12 p.m.
MONDAY • 10/26 • 6 to 8 p.m.

Pre-Register online at
[register.communitypass.net](https://register.communitypass.net/ChildCrisisArizona)
[/ChildCrisisArizona.](https://register.communitypass.net/ChildCrisisArizona)

Parent Support Group

Join us for a virtual meeting to find support in parenting. The group, led by a Child Crisis Arizona Child and Family Education Specialist and a Therapist, will meet weekly to discuss topics such as maintaining structure and routines, creating boundaries, anything causing you stress or anxiety as a parent.

WEDNESDAY • 10/7 • 1 to 2:30 p.m.

WEDNESDAY • 10/14 • 1 to 2:30 p.m.

WEDNESDAY • 10/21 • 1 to 2:30 p.m.

WEDNESDAY • 10/28 • 1 to 2:30 p.m.

Positive Discipline and 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.

TUESDAY • 10/6 • 6 to 8 p.m.

MONDAY • 10/19 • 10 a.m. to 12 p.m.

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.

TUESDAY • 10/20 • 10 a.m. to 12 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.

THURSDAY • 10/1 • 2 to 3:30 p.m.

Raising Sons and 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 children.

MONDAY • 10/5 • 10 a.m. to 12 p.m.

TUESDAY • 10/27 • 10 a.m. to 12 p.m.

Relatives as Parents Support Group

Join other kinship families and find support and community connection.

TUESDAY • 10/13 • 6 to 7:30 p.m.

Safe Sleep

In this workshop you will learn what a safe sleep environment looks like for a baby and discuss the American Academy of Pediatrics' recommendations on sleep. The workshop will also discuss ways to reduce the risk of SUID and other infant sleep risks to avoid.

THURSDAY • 10/1 • 10 a.m. to 12 p.m.

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.

WEDNESDAY • 10/28 • 5 to 7 p.m.

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.

TUESDAY • 10/6 • 12 to 2 p.m.

Virtual Family Activity -- It's Slime Time!

Get messy in this investigation into the world of preschool chemistry! Explore texture and measurement while following a procedure to create different types of slime. Upon registration, participants will receive a supply list of items needed to join in on the fun.

WEDNESDAY • 10/7 • 10 a.m.

All classes are hosted on Zoom and require video capabilities. Meeting information will be shared once registration is complete. Programming is live and cannot be viewed outside the scheduled session.

Check out our Online Trainings which allow you to take select topics at your own convenience!
childcrisisaz.org/courses

CHILDCRISISAZ.ORG



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