



Child Crisis Arizona
Safe kids. Strong families.

CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

Spring 2022

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.

TUESDAY • 4/5 • 10 a.m. to 12 p.m.

Adverse Childhood Experiences – Extended 3 Part Series

This three part class series will provide: an overview of what ACEs mean, including the short and long term impact of ACEs; guidance on trauma and toxic stress's connection to development and behaviors; strategies to build resiliency and promote post traumatic growth.

THURSDAYS • 2/24, 3/3 & 3/10 • 6 to 8 p.m.

MONDAY, WEDNESDAY & FRIDAY • 5/23, 5/25 & 5/27 • 10 a.m. to 12 p.m.

Anger Management for Fathers

Parenting class for men exploring the root causes of anger, recognizing unhealthy images about masculinity, enhancing personal communication skills, and increasing understanding of stress while applying effective coping strategies.

TUESDAYS • 1/18- 2/22 • 6 to 8 p.m.

Anger Management for Children

Learn skills and techniques to help your child with their own anger management. Typically taught as a parent and child program, this session will be for parents only.

WEDNESDAYS • 5/4 & 5/11 • 10 a.m. to 12 p.m.

Bullying: Signs, Symptoms & 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.

WEDNESDAY • 3/23 • 6 to 8 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.

WEDNESDAY • 1/19 • 10 a.m. to 12 p.m.

TUESDAY • 3/15 • 6 to 8 p.m.

MONDAY • 4/25 • 6 to 8 p.m.

TUESDAY • 5/24 • 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.

WEDNESDAY • 1/12 • 10 a.m. to 12 p.m.

TUESDAY • 4/12 • 6 to 8 p.m.

Coparenting: Children in Between

This skill based program will help parents deal with their children's reactions to divorce in a positive and healthy way. Divorcing parents often increase the stress and anxiety their children experience by unknowingly putting them in the middle of a variety of personal, social, and nancial issues. Walk away with activities you can do with your child, tools for improved communication, and positive ways to co-parent. \$15 book fee.

MONDAY & WEDNESDAY • 2/28 & 3/2 • 10 a.m. to 12 p.m.

MONDAYS • 3/28 & 4/4 • 6 to 8p.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, leading to a stronger parent-child relationship. Learn ways to problem solve during difficult behaviors and use effective consequences as a parent. This program will focus on your child's social and emotional learning.

THURSDAYS • 2/10 & 2/17 • 6 to 8 p.m.

TUESDAY & THURSDAY • 4/26 & 4/28 • 10 a.m. to 12p.m.

Diet & Nutrition Today

Are carbs bad? Is fat bad? Does today's latest nutrition information leave you with more questions than answers? In this short course we will learn all the basics about human nutrition and specifically look at how and what to eat to promote lasting health for you and your family.

MONDAY & WEDNESDAY • 3/7 & 3/9 • 10 to 11:30 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.

Pre-Register online at
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Drug Trends

Parents and caregivers will learn drug use and underage drinking prevention tools.

WEDNESDAY • 2/9 • 10 a.m. to 12 p.m.

THURSDAY • 4/14 • 5 to 7 p.m.

E-Cigs & Vaping

This topic will focus on educating parents about the common myths and perceptions students have 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 • 4/7 • 10 to 11:30 a.m.

Fentanyl in Arizona and our Children

Fentanyl is a danger for our community and children. In this course learn about what fentanyl is, how big the problem is and what we can do as caregivers to keep our children safe from this dangerous substance.

THURSDAY • 1/27 • 6 to 7:30 p.m.

WEDNESDAY • 4/6 • 10 to 11:30 a.m.

First Time Dads

Becoming a Father for the first time doesn't have to be overwhelming. A lot is going to happen with the mother of your child; but what can you do to help her along in the process? Take our First Time Dads class and learn about your role as a father, childbirth and what it entails, the risk factors involved if precautions during pregnancy aren't taken, and a whole lot more. This is a two-part series with another two classes that you are encouraged to attend, Car Seat Safety and Safe Sleep (car seats and pack-n-plays are available for those that qualify).

TUESDAY & THURSDAY • 5/17 & 5/19 • 6 to 8 p.m.

Healing Trauma

Helping your child heal after they have experienced a traumatic event can be a long and difficult journey. Learn what some common behaviors are that you might see, how to effectively communicate about the trauma, and how you can support your child along the way.

MONDAY • 2/14 • 10 a.m. to 12 p.m.

MONDAY • 5/2 • 6 to 8 p.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.

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.

THURSDAY • 1/20 • 10 to 11:30 a.m.

THURSDAY • 5/19 • 6 to 7:30 p.m.

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.

TUESDAY • 1/25 • 6 to 8 p.m.

Opioid Awareness and Prevention

This presentation focuses on the opioid epidemic plaguing Arizona. We will discuss numerous topics relating to how opioids can negatively affect students. Placing heavy focus on prevalence, prevention, and support.

TUESDAY • 3/1 • 6 to 7:30 p.m.

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.

EVERY WEDNESDAY • 12 to 1:30 p.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 grow into healthy adults.

TUESDAY • 1/11 • 6 to 8 p.m.

WEDNESDAY • 2/16 • 10 a.m. to 12 p.m.

THURSDAY • 5/5 • 6 to 8 p.m.

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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.

THURSDAY • 3/24 • 10 a.m. to 12 p.m.

MONDAY • 4/11 • 6 to 8 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 from early childhood through teen years.

WEDNESDAY • 2/2 • 6 to 8 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 sons and daughters.

TUESDAY • 4/19 • 12 to 2 p.m.

Safe Sleep

This workshop combines education on Safe Sleep and Home Safety for parents to share the benefits of baby proofing a home to prevent injuries.

THURSDAY • 2/24 • 10 a.m. to 12 p.m.

MONDAY • 4/18 • 6 to 8 p.m.

TUESDAY • 5/10 • 12 to 2 p.m.

Single Parenting

Parenting alone comes with many unique challenges. Connect with other parents while exploring strategies to parent successfully while maintaining a single parent household.

TUESDAY • 3/15 • 10 a.m. to 12 p.m.

Snapchat as a Drug Dealing Trend

Social Media has become part of our children's life which can include some risks and dangers. In this course you will be learning about the risks of using Snapchat, how it may be used to access substances, and what you can do to protect your children from the risks.

TUESDAY • 3/22 • 10 to 11:30 a.m.

THURSDAY • 5/12 • 6 to 7:30 p.m.

Stewards of Children - Sexual Abuse Prevention

Child Sexual abuse is one of the most prevalent public health issues facing society today. One in 10 children will be the victim of sexual abuse before their 18th birthday. Stewards of Children teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. Built on the foundation of "The 5 Steps to Protecting Children", this workshop will use real people and real stories to show you how to protect the children around you. In a world where technology continues to advance. Class has a \$10 book fee.

MONDAY • 1/31 • 10 a.m. to 12 p.m.

TUESDAY • 5/3 • 10 a.m. to 12 p.m.

Suicide Awareness & Prevention for Parents

This presentation addresses the teen suicide epidemic at both statewide and national levels. We discuss what to do when someone talks about ending their life, tools that help alert us to the warning signs and learn about risk and protective factors for youth suicidality. We will also provide the helpful resources for further guidance.

THURSDAY • 2/3 • 12 to 1:30 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.

THURSDAY • 1/6 • 10 a.m. to 12 p.m.

WEDNESDAY • 4/6 • 6 to 8 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.

THURSDAY • 3/17 • 10 a.m. to 12 p.m.

Water Safety

Water safety is important for all ages, but especially for toddlers. Drowning is the leading cause of death in children 1-4 years old. Young children can drown in as little as an inch or two of water, and it can happen quickly and silently. Join our class and learn how to create layers of protection to keep your family safe and reduce drowning risks.

THURSDAY • 5/26 • 6 to 8 p.m.

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