



**FLORENCE SCHOOL DISTRICT--  
Anthem K-8 Cafeteria**

2700 N Anthem Way  
Florence, AZ 85132

**Water Safety**

*Water safety is important for all ages, but especially for toddlers. Drowning is the leading cause of injury 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.*

Mon. 5/9 6 - 8 pm

**FLORENCE SCHOOL DISTRICT--  
Florence K-8**

460 S Park St  
Florence, AZ 85132

**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. 4/21 6 - 8 pm

**FLORENCE SCHOOL DISTRICT--  
Poston Butte High School**

32375 N. Gantzel Road  
San Tan Valley, AZ 85143

**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.*

Thurs. 1/20 6 - 8 pm

**FLORENCE SCHOOL DISTRICT--  
San Tan Heights K-8**

500 W San Tan Heights Blvd  
Queen Creek, AZ 85142

**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.*

Tues. 3/29 6 - 8 pm

**FLORENCE SCHOOL DISTRICT--  
Walker Butte Cafeteria K-8**

29697 N Desert Willow Blvd  
San Tan Valley, AZ 85143

**Kindergarten Readiness**

*This workshop focuses on how to help children make the transition from preschool into kindergarten.*

Tues. 2/15 6 - 8 pm

**Fresh Start Women's Foundation**

1130 E. McDowell Road  
Phoenix, AZ 85006

Please note: FSWF workshops only available to individuals who identify as female.

**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. 1/5 9:30 - 11:30 a.m.

**Single Parenting Today**

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

Mon. 2/7 12 - 2 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.*

Mon. 3/14 9:30 a.m. - 11:30 a.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.*

Tues. 4/12 12 - 2 p.m.

## 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. 5/31 9:30 - 11:30 a.m.

### MESA PUBLIC SCHOOLS -- Sirrine Elementary School

591 W Mesquite St  
Chandler, AZ 85225

## 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.

Wed. 1/12 6 - 8 p.m.

### MESA PUBLIC SCHOOLS -- Salk Elementary School

7029 E Brown Rd  
Mesa, AZ 85207

## Kindergarten Readiness

This workshop focuses on how to help children make the transition from preschool into kindergarten.

Wed. 3/16 6 - 8 p.m.

### One Small Step

710 N Cooper Rd, Gilbert, AZ 85233  
\*located inside the Cottonwood  
Professional Plaza

## 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.

Thurs. 1/13 10 a.m. - 12 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.

Tues. 3/8 10 a.m. - 12 p.m.

### Scottsdale Family Resource Center

6535 E. Osborn Rd. Bldg 7  
Scottsdale, AZ 85251

## Managing Stress as a Parent

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

Tues. 1/4 10 a.m. - 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 from early childhood through teen years.

Wed. 2/23 10 a.m. - 12 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.

Wed. 4/20 10 a.m. - 12 p.m.

## Kindergarten Readiness

This workshop focuses on how to help children make the transition from preschool into kindergarten.

Tues. 5/24 10 a.m. - 12 p.m.

### Wilson Community Center

500 North 30th Place  
Phoenix, AZ 85008

## 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.

Tues. 2/22 10 a.m. - 12 p.m.

## Water Safety

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Mon. 5/2 10 a.m. - 12 p.m.