



Child Crisis Arizona

Safe kids. Strong families.

COMMUNITY Spring 2023

## IN PERSON COMMUNITY-BASED 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 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.

**CLASSES AND WORKSHOPS ARE SUBJECT TO CHANGE.  
PLEASE VISIT OUR WEBSITE FOR UPDATED SCHEDULE INFORMATION.**

### A New Leaf- La Mesita

2254 W. Main Street  
Mesa, AZ 85201

### Children's Museum of Phoenix

215 N. 7th Street  
Phoenix, AZ 85034

#### 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.*

Tues. 2/21 12:30 - 2:30 pm

#### 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.*

Tues. 3/21 12:30 - 2:30 pm

#### 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. 5/16 12:30 - 2:30 pm

#### 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.*

Mon. 3/13 10 am - 12 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.*

Tues. 5/30 10 am - 12 pm

### Frye Elementary School

801 E. Frye Road  
Chandler, AZ 85225

#### 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.*

Thurs. 2/2 5 - 7 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. 4/10 5- 7 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.*

Tues. 5/16 5 - 7 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.

## 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.*

Thurs. 2/16 12 - 2 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. 4/18 12 - 2 pm

### GESD System of Care Center

7677 W. Bethany Home Road  
Glendale, AZ 85303

## 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.*

Fri. 1/13 10 am - 12 pm

## Kindergarten Readiness

*This workshop focuses on how to help children make the transition from preschool into kindergarten. This program is informational for parents only, children do not attend.*

Wed. 3/22 9:30 - 11:30 am

## 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. 2/22 9:30 - 11:30 a.m.

## 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.*

Fri. 4/28 9:30 - 10:30 a.m.

### Harris Elementary School

1820 S. Harris Drive  
Mesa, AZ 85204

Childcare is provided by Gilbert Public Schools for children 3 years old and up. Pre-registration is required.

#### 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.*

Tues. 1/17 5- 7 pm

#### Adverse Childhood Experiences

*Childhood trauma affects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe. Explore strategies to build emotionally healthy families by learning about the healing process.*

Mon. 3/27 4 - 6 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. Car seats will be provided to participants that qualify.*

Tues. 5/9 4 - 6 pm

### Homeward Bound

2302 W. Colter Street  
Phoenix AZ 85006

#### 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.*

Mon. 2/13 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. 3/20 10 am - 12 pm

#### 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.*

Wed. 4/12 10 am - 12 pm

#### Adverse Childhood Experiences

*Childhood trauma affects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe. Explore strategies to build emotionally healthy families by learning about the healing process.*

Mon. 5/15 10 am - 12 pm

### Poston Butte High School

32375 N. Gantzel Road  
San Tan Valley, AZ 85143

#### Families in Action

*Both parents/guardians and teens attend this program's six dynamic and fun sessions. You and your teen will spend part of each session in separate groups learning complementary skills. Then parents and teens come together for activities and discussion—a powerful learning experience for both of you. The program is designed to break down barriers of communication, promote cooperation, and address challenges head-on.*

Thurs. 3/30-5/4 6 - 8 pm