



Child Crisis Arizona
Safe kids. Strong families.

CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

Spring 2023

Active Parenting of Teens

Written by parenting expert Dr. Michael Popkin, this class will explain what's going on in your teen's head, which will help you figure out why they do the things they do. You'll learn how to open up the lines of communication, encourage cooperation and responsibility, and discipline effectively. You'll learn 10 strategies for preventing problems relating to drugs, alcohol, violence and teen sexuality.

WEDNESDAYS • 1/25-3/1 • 6 to 8 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.

MONDAY • 3/6 • 10 a.m. to 12 p.m.

THURSDAY • 5/11 • 10 a.m. to 12 p.m.

Adverse Childhood Experiences – Extended 2 Part Series

This two 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.

MONDAY & WEDNESDAY • 1/9 & 1/11 • 6 to 8 p.m.

TUESDAY & THURSDAY • 5/23 & 5/25 • 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.

WEDNESDAYS • 1/18- 2/22 • 6 to 8 p.m.

Anger Management for Kids

In this two part series you will gain a better understanding of how child development impacts your child's emotions, techniques to help them build healthy coping skills, and hands on activities you can use to increase their emotional intelligence.

WEDNESDAYS • 3/29 & 4/5 • 6 to 8 p.m.

Pre-Register online at

register.communitypass.net/ChildCrisisArizona

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.

Baby Bootcamp- A class for Expectant Parents

Becoming a parent for the first time doesn't have to be overwhelming. Take our expectant parent class and learn about your role as a parent, 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 • 2/28 & 3/2 • 6 to 8 p.m.

MONDAY & WEDNESDAY • 5/8 & 5/10 • 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.

TUESDAY • 2/21 • 6 to 8 p.m.

TUESDAY • 3/7 • 6 to 8 p.m.

TUESDAY • 4/11 • 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.

MONDAY • 2/13 • 10 a.m. to 12 p.m.

WEDNESDAY • 4/12 • 5 to 7 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.

THURSDAY • 1/12 • 10 a.m. to 12 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 financial issues. Walk away with activities you can do with your child, tools for improved communication, and positive ways to co-parent. \$15 book fee.

MONDAYS • 1/23 & 1/30 • 6 to 8 p.m.

WEDNESDAYS • 5/24 & 5/31 • 10 a.m. to 12 p.m.



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Drug Trends

Parents and caregivers will learn about current drug and alcohol trends impacting our youth and prevention tools to help them avoid these risky behaviors.

WEDNESDAY • 3/15 • 7 to 8 p.m.

THURSDAY • 5/18 • 11 a.m. to 12 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, 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.

TUESDAY & THURSDAY • 2/14 & 2/16 • 6 to 8 p.m.

TUESDAYS • 4/25 & 5/2 • 10 a.m. to 12 p.m.

E-Cigs & Vaping

This topic will focus on educating students about the common myths and perceptions 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.

TUESDAY • 5/30 • 6 to 7 p.m.

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 Zoom breakout 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.

SATURDAYS • 2/11-3/18 • 10 a.m. to 12 p.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 • 1/26 • 11 a.m. to 12 p.m.

TUESDAY • 3/28 • 10 to 11 a.m.

WEDNESDAY • 5/31 • 6 to 7 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 • 2/27 • 10 a.m. to 12 p.m.

MONDAY • 4/24 • 6 to 8 p.m.

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.

TUESDAY • 5/23 • 6 to 8 p.m.

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.

MONDAY • 3/20 • 10 to 11 a.m.

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.

THURSDAY • 3/30 • 10 a.m. to 12 p.m.

Parent Support Group

Join us for a virtual meeting to find support in parenting. Connect with other parents/guardians to share your struggles and successes. Our Child Crisis Arizona Child and Family Education Specialist will send out a weekly topic via email including things such as maintaining structure and routines, creating boundaries, self-care for parents, and many more.

EVERY WEDNESDAY • 12 to 1:30 p.m.

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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.

THURSDAY • 1/26 • 6 to 8 p.m.

TUESDAY • 3/21 • 6 to 8 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.

WEDNESDAY • 1/11 • 6 to 8 p.m.

THURSDAY • 3/23 • 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 • 1/31 • 10 a.m. to 12 p.m.

THURSDAY • 3/23 • 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.

TUESDAY • 1/10 • 10 a.m. to 12 p.m.

THURSDAY • 2/23 • 10 a.m. to 12 p.m.

MONDAY • 4/17 • 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.

MONDAY • 1/30 • 10 a.m. to 12 p.m.

THURSDAY • 4/20 • 10 a.m. to 12 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.

Safe and Secure Online

Presented by The Center for Cyber Safety and Education (Center), this program aims to support cyber security education for parents including topics such as cyberbullying, online identity and image protection, scam identification, social networking safety, and computer safety.

THURSDAY • 2/9 • 6 to 7:30 p.m.

TUESDAY • 5/2 • 6 to 7:30 p.m.

Safe Sleep

In this workshop you will learn what a safe sleep environment looks like to help reduce injury. You will learn the ABC's of safe sleep to help keep infants safe.

THURSDAY • 3/9 • 6 to 7:30 p.m.

THURSDAY • 4/13 • 10 to 11:30 a.m.

MONDAY • 5/1 • 10 to 11:30 a.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.

MONDAY • 2/6 • 10 to 11:30 a.m.

THURSDAY • 3/2 • 10 to 11:30 a.m.

TUESDAY • 4/4 • 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 off 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. This program has a \$10 book fee.

TUESDAY • 1/17 • 10 a.m. to 12 p.m.

THURSDAY • 3/16 • 6 to 8 p.m.

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Suicide Prevention Awareness 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.

MONDAY • 1/23 • 10 to 11 a.m.

Teen Traffic Safety for Parents

Becoming a licensed driver is a milestone most teens look forward to for years. Gain a better understanding of aspects of traffic safety that impact teen drivers, such as distracted driving, speeding, and Graduated Driver Licensing laws. Walk away with ideas and resources to help your teen become a safe driver.

TUESDAY • 3/14 • 10 a.m. to 11 a.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 • 1/24 • 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 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.

TUESDAY • 4/18 • 10 to 11 a.m.

THURSDAY • 5/25 • 6 to 7 p.m.

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