



Child Crisis Arizona  
Safe kids. Strong families.

# CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

## November & December 2023

### 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.

MONDAYS • 11/27 & 12/4 • 10 a.m. to 12 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.

TUESDAY & THURSDAY • 11/28 & 11/30 • 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 • 12/11 • 6 to 8 p.m.

### 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.

THURSDAY • 11/16 • 10 to 11 a.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 • 11/20 • 6 to 8 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.

WEDNESDAY • 11/1 • 6 to 7:30 p.m.

WEDNESDAY • 11/15 • 12 to 1:30 p.m.

WEDNESDAY • 11/29 • 12 to 1:30 p.m.

WEDNESDAY • 12/6 • 12 to 1:30 p.m.

### 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.

TUESDAYS & THURSDAYS • 11/28-12/14 • 6 to 8 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.

WEDNESDAY • 12/6 • 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.

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



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480.834.9424



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### 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.

THURSDAY • 11/9 • 6 to 8 p.m.

### 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..

TUESDAY • 11/7 • 6:30 to 8 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.

THURSDAY • 11/16 • 6 to 7:30 p.m.

WEDNESDAY • 12/13 • 10 a.m. to 11:30 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.

WEDNESDAY • 11/8 • 6 to 7 p.m.

### The Rise of Fentanyl

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.

TUESDAY • 11/21 • 6 to 7:30 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.

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