



COMMUNITY Fall 2024

IN PERSON COMMUNITY-BASED CLASSES & WORKSHOPS

CONTACT & REGISTRATION

To receive this via email, contact us at classregistration@childcrisisaz.org, (480) 834-9424 or 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. 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.**

NEW!

The Center for Child & Family Wellness

424 W. Rio Salado Parkway, Mesa, AZ 85201

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.

Wed • 10/16-11/20 • 6.m. to 8 p.m.

Adverse Childhood Experiences (ACEs)

Childhood trauma effects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe.

Tues • 12/3 • 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.

Tues • 12/10 • 10 a.m. to 12 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.

Wed • 12/11 • 10 a.m. to 12 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.

Thurs • 9/24 • 10 a.m. to 12 p.m.

Thurs • 11/7 • 10 a.m. to 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.

Tues • 10/22 • 10 a.m. to 12 p.m.

NEW!

The Center for Child & Family Wellness

424 W. Rio Salado Parkway, Mesa, AZ 85201

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.

Thurs • 10/10 • 10 a.m. to 12 p.m.

The Rise of Fentanyl & *Combination Workshop 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. 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.

Tues • 11/26 • 6 p.m. to 8 p.m.

Triple P: Positive Parenting *NEW

Parents and caregivers are introduced to the five key principles of positive parenting that form the basis of Triple P. These principles include ensuring a safe engaging environment, creating a positive learning environment, using assertive discipline, having reasonable expectations, and looking after yourself as a parent.

Tues • 10/1 • 10 a.m. to 12 p.m.

GESD System of Care Center

7677 W. Bethany Home Road
Glendale, AZ 85303

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 • 10/22 • 10 a.m. to 12 p.m.

Gilbert Public Schools - Desert Ridge Jr. High School

10211 E Madero Ave
Mesa, AZ 85209

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.

Thurs • 9/12 • 6 p.m. to 8 p.m.

Triple P: Raising Confident, Competent *NEW Children

Parents and caregivers are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies include showing respect to others, being considerate, having good communication and social skills, having healthy self-esteem, being a good problem solver, and becoming independent.

Tues • 10/3 • 10 a.m. to 12 p.m.

Triple P: Raising Resilient Children *NEW

Parents and caregivers are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. This includes recognizing and accepting feelings, expressing feelings appropriately, building a positive outlook, developing coping skills, dealing with negative feelings, and dealing with stressful life event.

Tues • 10/8 • 10 a.m. to 12 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.

Tues • 9/17 • 10 a.m. to 12 p.m.

Gilbert Public Schools - Mesquite High School

500 S McQueen Rd
Gilbert, AZ 85233

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 • 8/22 • 6 p.m. to 7:30 p.m.

Gilbert Public Schools - South Valley Jr. High School

2034 S Lindsay Rd, Gilbert,
AZ 85295

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 • 11/19 • 6 p.m. to 8 p.m.

Gilbert Public Schools - Spectrum Elementary School

2846 Spectrum Way
Gilbert, AZ 85295

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 • 10/22 • 10 a.m. to 12 p.m.

One Small Step | Clothes Cabin

*located inside the Cottonwood Professional Plaza

710 N. Cooper Rd.
Gilbert, AZ 85233

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 • 9/3 • 10 a.m. to 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.

Wed • 10/16 • 10 a.m. to 12 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.

Wed • 12/4 • 10 a.m. to 12 p.m.

Phoenix Schools - Dunbar Elementary

707 W Grant St,
Phoenix, AZ 85007

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 • 9/5 • 4 to 6 p.m.

Better Money Habits®

Join us as we discuss establishing new money habits or improving upon existing ones. Topics include developing spending plans, protecting your money from fraud and scams, and managing credit and debt. This program is presented in partnership with Bank of America.

Tues • 11/5 • 10 a.m. to 12 p.m.

Scottsdale Family Resource Center

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

Anger Management for Kids

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.

Mon • 9/16 & 9/23 • 10 a.m. to 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.

Mon • 11/25 • 10 a.m. to 12 p.m.



Scan the QR code or use the
link below to pre-Register:

register.communitypass.net/ChildCrisisArizona