



Child Crisis Arizona
Safe kids. Strong families.

CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

Fall 2024 - August & September

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 • 9/17 • 10 a.m. to 12 p.m.

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.

Mon & Wed • 9/9-9/25 • 6 p.m. to 8 p.m.

Adverse Childhood Experiences (ACEs) - 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.

Tues & Thurs • 8/27 & 8/29 • 10 am. to 12 p.m.

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).

Tues & Thurs • 8/6 & 8/8 • 6 p.m. to 8 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.

Wed • 8/7 • 6 p.m. to 8 p.m.
Wed • 8/21 • 10 a.m. to 12 p.m.
Thurs • 9/5 • 6 p.m. to 8 p.m.
Wed • 9/18 • 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.

Thurs • 8/29 • 6 p.m. to 8 p.m.

Conscious Discipline

Conscious Discipline is a two part 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.

Tues & Thurs • 8/13 & 8/15 • 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.

Tues & Thurs • 9/24 & 9/26 • 6 p.m. to 8 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.

Tues • 8/20 • 6 p.m. to 8 p.m.

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 • 8/8 • 10 a.m. to 12 p.m.
Thurs • 9/26 • 10 a.m. to 12 p.m.

Pre-Register online at
register.communitypass.net/ChildCrisisArizona

All virtual 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.



424 W. Rio Salado Parkway | Mesa, AZ 85201

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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.

Wed • 8/14 • 12 p.m. to 1:30 p.m.

Wed • 9/11 • 12 p.m. to 1:30 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 • 8/28 • 6 p.m. 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.

Thurs • 8/22 • 6 p.m. to 8 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.

Wed • 8/14 • 6 p.m. 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.

Tues • 9/3 • 10 a.m. to 12 p.m.

Rx360: Substance Misuse Training

360Rx is an evidence informed prevention program that engages parents, grandparents and caregivers through an interactive presentation. The presentation provides caregivers with valuable insights as to why children and teens abuse prescription drugs, how parents can start the dialogue about the dangers of prescription drug misuse with their children and how parents can build resiliency in their children to turn down offers to try prescription and other drugs.

Tues • 8/20 • 10 a.m. to 12 p.m.

Thurs • 9/19 • 10 a.m. to 12 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.

Wed • 9/4 • 10 a.m. to 11:30 a.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.

Wed • 8/7 • 6 p.m. to 8 p.m.

Wed • 9/17 • 6 p.m. to 8 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 • 8/6 • 10 a.m. to 12 p.m.

Tues • 8/13 • 6 p.m. to 8 p.m.

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

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