



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](https://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

480.834.9424



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# CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

## Fall 2024 - August & September

### 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:

[register.communitypass.net/ChildCrisisArizona](https://register.communitypass.net/ChildCrisisArizona)



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## COMMUNITY Fall 2024

### 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. 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.



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## Child Crisis Arizona Clases y Talleres en Español

# Otoño 2024

### Clases y Talleres En Línea

Todas las clases tienen lugar a través de Internet y requieren capacidades de video. La información de la reunión de Zoom se compartirá una vez que se complete el registro.

**Seguridad del Asiento de Carro** 8/8 10 a.m. - 12 p.m.  
9/11 10 a.m. - 12 p.m.

¡Hablemos de la seguridad de los asientos de seguridad! Un técnico certificado en asientos para el automóvil le proporcionará instrucciones e información y usted aprenderá todo sobre la seguridad de sus hijos mientras viajan en su automóvil.

**Disciplina y Orientación Positiva** 8/13 10 a.m. - 12 p.m.

Las técnicas de disciplina positiva promueven el control de la conducta, la autoestima y el autoestima. Aprenda a fomentar de manera proactiva el comportamiento que desea ver con las estrategias de crianza positiva.

### Clases y Talleres En Persona

#### The Center for Child & Family Wellness

424 W. Rio Salado Parkway, Mesa, AZ 85201

**Criar Niños Emocionalmente Inteligentes** 12/16 10 a.m. - 12 p.m.

Desarrollo emocional social en los niños es crucial para la capacidad de un niño para sobrevivir y prosperar. Explora estrategias de crianza e interacciones para ayudar a fomentar vínculos saludables en la vida de tu hijo.

**Promoviendo El Apego Seguro** 9/18 10 a.m. - 12 p.m.

El apego seguro es la base de las relaciones sanas desde la infancia hasta que somos adultos. Explorar estrategias de crianza. Explore las estrategias y interacciones de crianza para promover un apego saludable en la vida de su hijo.

#### Scottsdale Family Resource Center

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

**Seguridad del Agua** 8/19 10 a.m. - 11 a.m.

La seguridad en el agua es importante para todas las edades, pero especialmente para los niños pequeños. El ahogamiento es la principal causa de muerte por lesiones en niños de 1 a 4 años. Los niños pequeños pueden ahogarse en tan solo una o dos pulgadas de agua, y esto puede suceder de manera rápida y silenciosa. Unase a nuestra clase y aprenda a crear capas de protección para mantener a su familia segura y reducir los riesgos de ahogamiento.

**Padres De Acuerdo En La Crianza De Sus Hijos** 10/7 10 a.m. - 12 p.m.

Información y estrategias para criar a los hijos ya sea en el mismo hogar o en hogares separados. Explore su estilo de crianza y motivación para crear una base para abordar la crianza de los hijos y apoyar aún más a sus hijos para que se conviertan en adultos sanos. Aprenda de la comunicación y analice los estilos de comunicación individuales.

Preinscribirse en línea en [register.communitypass.net/ChildCrisisArizona](https://register.communitypass.net/ChildCrisisArizona).

Para más información:  
Child Crisis Arizona

[CHILDCRISISAZ.ORG](https://www.childcrisisaz.org)

480-834-9424 [classregistration@childcrisisaz.org](mailto:classregistration@childcrisisaz.org)



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