



## 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

#### 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 • 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.

#### 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.

**NEW!**

**The Center for Child & Family Wellness**  
424 W. Rio Salado Parkway, Mesa, AZ 85201

**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.

**Triple P: Raising Confident, Competent Children \*NEW**

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.

**GESD System of Care Center**  
7677 W. Bethany Home Road  
Glendale, AZ 85303

**Gilbert Public Schools - Spectrum Elementary School**  
2846 Spectrum Way  
Gilbert, AZ 85295

**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.

**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 • 6 p.m. to 8 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.

**One Small Step | Clothes Cabin**  
**\*located inside the Cottonwood Professional Plaza**

710 N. Cooper Rd.  
Gilbert, AZ 85233

**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.

**Scottsdale Family Resource Center**

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

**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.

**Phoenix Schools - Dunbar Elementary**

707 W Grant St,  
Phoenix, AZ 85007

**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.

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

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

