



## FAMILY RESOURCE CLASSES & WORKSHOPS

### CLASSES & WORKSHOPS ARE SUBJECT TO CHANGE.

Please visit <https://register.communitypass.net/ChildCrisisArizona> for most updated schedule information.

### 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). To self-register for classes & workshops online visit <https://register.communitypass.net/ChildCrisisArizona>

### INFORMATION

Pre-registration is required for services. Each class has a minimum. If a class is not full, it will be canceled prior to the first night. We no longer provide childcare. Children may not go into class or be left unattended on the premises. 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-hour 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

### SERVICIOS EN ESPAÑOL

Para clases en español, vea nuestro boletín de clases y servicios para padres en español.

## PARENTING CLASSES

### Parenting Children with ADHD

*An overview of ADHD, impact of the diagnosis, behaviors, treatment, and parent support.*

*6-week class must meet weekly every Monday for 6 weeks.*

**\*Mondays 1/28/19 – 3/11/19 6:00 - 7:30 pm**

**\*No class on 2/18/19 due to Holiday**

### Cooperative Parenting Through Divorce (Class requires \$20 book)

*For separated or divorced parents committed to sharing the responsibility of raising their children.*

*4-week class must meet weekly for 4 weeks.*

**Wednesdays 1/30/19 – 2/20/19 6:00 – 8:00 pm**

**Tuesdays 3/19/19 – 4/09/19 3:00 – 5:00 pm**

### First Five Years (Class requires \$15 book)

*Learn to build a strong foundation for children birth to age five. 4-week class must meet weekly every Tuesday for 4 weeks.*

**Tuesdays 2/05/19 – 2/26/19 6:00 – 8:00 pm**

### NAMI Basics

*A course designed for parents and other family caregivers of children and adolescents with emotional and behavioral difficulties. 6-week class must meet weekly every Wednesday for 6 weeks.*

**Wednesdays 2/06/19 – 3/13/19 5:30 – 8:00 pm**

### Parenting the Love & Logic Way® (Class requires \$10 book)

*Parenting course developed by Love and Logic Institute, designed to help find specific answers and actions for some of those difficult moments in child rearing. 6-week class must meet weekly every Monday for 6 weeks.*

**Mondays 2/25/19 – 4/01/19 9:00 – 11:00 am**

### Active Parenting (Class requires \$20 book)

*Parenting skills class for parents of children ages 5-12. 6-week class must meet weekly every Tuesday for 6 weeks.*

**Tuesdays 3/12/19 – 4/16/19 6:00 – 8:00 pm**

### Parenting of Teens (Class required \$15 book)

*Parenting skills class for parents of teens ages 12-18. 6-week class must meet weekly every Tuesday for 6 weeks.*

**Tuesdays 4/30/19 – 6/04/19 6:00 – 8:00 pm**

### Parenting through Transition

*Covers the impact of transition/loss on parents and children and new strategies to handle change. 4-week class must meet weekly every Wednesday for 4 weeks.*

**Wednesdays 4/24/19 – 5/15/19 6:00 – 8:00 pm**

## **ANGER MANAGEMENT FOR THE FAMILY**

### **Anger Management for Fathers**

*A class for men that explores anger, control, and other emotions related to parenting. 5-week class must meet weekly every Thursday for 5 weeks.*

**Thursdays 2/07/19 – 3/07/19 6:00 – 8:00 pm**  
**Thursdays 5/16/19 – 6/13/19 6:00 – 8:00 pm**

### **Parenting with Patience**

*Tips to handle anger and stress related to parenting. 5-week class must meet weekly every Thursday for 5 weeks.*

**Thursdays 3/14/19 – 4/11/19 6:00 – 8:00 pm**

### **Huffy Hippos**

*Anger management and skill-building classes. For children ages 3-5 and their parents. 5-week class must meet weekly every Tuesday for 5 weeks.*

**Tuesdays 5/21/19 – 6/18/19 9:00 – 10:00 am**

### **Raging Rhinos and Growling Grizzlies**

*Anger management and skill-building classes. For children ages 6-10 and their parents. 4-week class must meet weekly every Wednesday for 4 weeks.*

**Wednesdays 3/27/19 – 4/17/19 5:30 – 7:00 pm**  
**Wednesdays 5/22/19 – 6/12/19 5:30 – 7:00 pm**

## **PARENTING WORKSHOPS**

### **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.*

**Monday 2/11/19 6:00 – 8:00 pm**

### **Adverse Childhood Experiences**

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

**Wednesday 1/23/19 6:00 – 8:00 pm**  
**Thursday 3/21/19 3:00 – 5:00 pm**  
**Thursday 4/18/19 6:00 – 8:00 pm**  
**Tuesday 5/21/19 3:00 – 5:00 pm**

## **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.*

**Monday 1/14/19 10:00 am – 12:00 pm**  
**Wednesday 3/20/19 9:00 – 11:00 am**  
**Tuesday 5/14/19 3:00 – 5:00 pm**

## **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.*

**Wednesday 3/6/19 2:00 – 4:00 pm**  
**Monday 5/13/19 11:00 am – 1:00 pm**  
**Tuesday 6/11/19 5:00 – 7:00 pm**

## **Communicating Effectively with Infants & Toddlers**

*An overview of successful parent/child communication styles as well as practical suggestions to improve communication with young children.*

**Tuesday 1/22/19 11:00 am – 1:00 pm**  
**Monday 3/11/19 1:00 – 3:00 pm**  
**Friday 5/3/19 10:00 am – 12:00 pm**

## **He Said, She Said: Improving Interpersonal Communication with your Co-Parent**

*Strategies to enhance and understand male and female communication.*

**Wednesday 1/23/19 1:00 – 3:00 pm**  
**Friday 3/22/19 11:00 am – 1:00 pm**  
**Tuesday 4/30/19 3:00 – 5:00 pm**

## **Kindergarten Readiness**

*This workshop focuses on how to help children make the transition from preschool into kindergarten. Each participant will receive a free kindergarten readiness kit.*

**Thursday 2/7/19 10:00 am – 12:00 pm**  
**Monday 5/20/19 1:00 – 3:00 pm**

## **Little Bookworms**

*Strategies for helping your 0-5 child learn language, communication and literacy skills.*

**Monday 4/15/19 11:00 am – 1:00 pm**

## Managing Stress as a Parent

*Stress affects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.*

**Friday 1/25/19** 10:00 am – 12:00 pm  
**Monday 3/4/19** 5:00 – 7:00 pm  
**Thursday 5/16/19** 3:00 – 5:00 pm

## 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.*

**Tuesday 1/29/19** 6:00 – 8:00 pm  
**Wednesday 2/27/19** 3:00 – 5:00 pm  
**Tuesday 3/26/19** 10:00 am – 12:00 pm  
**Monday 5/6/19** 6:00 – 8:00 pm

## Parenting Through Adverse Childhood Experiences

*As a second part to our Adverse Childhood Experiences workshop, this is aimed at helping parent through the effects of adverse childhood experiences. Explore strategies to build emotionally healthy families by learning about the healing process and behavior management techniques.*

**Wednesday 2/6/19** 3:00 – 5:00 pm  
**Wednesday 3/20/19** 6:00 – 8:00 pm  
**Tuesday 4/30/19** 10:00 am – 12:00 pm

## 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.*

**Wednesday 1/30/19** 6:00 – 8:00 pm  
**Tuesday 2/19/19** 3:00 – 5:00 pm  
**Wednesday 3/27/19** 10:00 am – 12:00 pm  
**Tuesday 5/21/19** 6:00 – 8:00 pm

## Getting to the Root of Routines

*Routines are crucial to healthy child development. Learn about routines and how they apply to common parenting challenges, bedtime battles and potty training. Apply your new knowledge by creating a new routine during the session. Aimed at families with children birth to 3-years.*

**Monday 2/11/19** 10:00 am – 12:00 pm  
**Wednesday 4/10/19** 2:00 – 4:00 pm

## 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.*

**Monday 2/25/19** 3:00 – 5:00 pm  
**Wednesday 3/13/19** 6:00 – 8:00 pm  
**Tuesday 4/23/19** 10:00 am – 12:00 pm

## 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.*

**Monday 1/14/19** 5:00 – 7:00 pm  
**Tuesday 3/12/19** 2:30 – 4:30 pm  
**Wednesday 5/22/19** 3:00 – 5:00 pm

## Single Parenting Today

*Parenting alone comes with many unique challenges. Connect with other parents while exploring strategies to parent successfully while maintaining a single parent household.*

**Monday 2/11/19** 1:00 – 3:00 pm  
**Thursday 4/25/19** 10:00 am – 12:00 pm  
**Wednesday 5/22/19** 10:00 am – 12:00 pm

## Understanding Online Safety

*In a world where technology continues to advance, youth today are exposed to many things through the internet, social media and various apps. Learn about online safety, setting technology limits and other media issues that youth are facing when online.*

**Wednesday 3/6/19** 6:00 – 8:00 pm  
**Saturday 4/6/19** 1:00 – 3:00 pm

## **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.*

**Wednesday 2/20/19** 9:00 – 11:00 am  
**Tuesday 3/5/19** 3:00 – 5:00 pm  
**Monday 4/1/19** 6:00 – 8:00 pm  
**Thursday 5/23/19** 10:00 am – 12:00 pm

## **LEGAL CLINICS**

### **Family Law and Child Support Assistance Clinics**

*Call for Information*

**1st Tuesdays, monthly** 6:00 – 8:00 pm

### **Guardianship Clinic\* (English and Spanish)**

*Document preparation assistance for kinship caregivers to establish legal guardianship.*

*\*Registration required.*

**2nd Thursdays, monthly** 2:00 – 4:00 pm