



Child Crisis Arizona

*Safe kids. Strong families.*

# CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

## Fall 2022

### 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.

**THURSDAY • 9/22 • 10 a.m. to 12 p.m.**

### Adverse Childhood Experiences –

Childhood trauma affects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe. Explore strategies to build emotionally healthy families by learning about the healing process.

**MONDAY • 9/12 • 5 to 7 p.m.**

### Adverse Childhood Experiences – 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

**TUESDAYS • 9/20 & 9/22 • 10 a.m. to 12 p.m.**

### Anger Management for Fathers

Parenting class for men exploring the root causes of anger, recognizing unhealthy images about masculinity, enhancing personal communication skills, and increasing understanding of stress while applying effective coping strategies.

**THURSDAYS • 9/29- 11/3 • 6 to 8 p.m.**

### 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.

**TUESDAYS • 12/6 & 12/13 • 10 a.m. to 12 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.

**THURSDAY • 9/8 • 10 a.m. to 12 p.m.**

### Bullying: Signs, Symptoms, and 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.

**MONDAY • 9/12 • 10 a.m. to 12 p.m.**

**THURSDAY • 12/15 • 6. to 8 p.m.**

### Car Seat Safety

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 • 9/21 • 6 to 8 p.m.**

**WEDNESDAY • 10/19 • 10 a.m. to 12 p.m.**

**WEDNESDAY • 11/9 • 10 a.m. to 12 p.m.**

**MONDAY • 12/5 • 6 to 8 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.

**MONDAY • 12/12 • 6 to 8 p.m.**

### Conscious Discipline

Conscious Discipline is an 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.

**MONDAY & WEDNESDAY • 12/12 & 12/14 • 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 issues. Walk away with activities you can do with your child, tools for improved communication, and positive ways to co-parent. \$15 book fee.

**MONDAYS • 11/21 & 11/28 • 10 a.m. to 12 p.m.**

**All 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.**

**Pre-Register online at**

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



817 N. Country Club Dr. | Mesa, AZ 85201

**480.834.9424**



Child Crisis Arizona  
*Safe kids. Strong families.*

# CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

## Fall 2022

### Drug Trends

Parents and caregivers will learn drug use and underage drinking prevention tools.

**MONDAY • 9/19 • 10 to 11:30 a.m.**

### E-Cigs & Vaping

This topic will focus on educating students about the common myths and perceptions surrounding vaping and the use of e-cigarettes. Coordinators will provide information on the evolution of e-cigarettes and the dangers associated with the device and the chemicals people are inhaling when using them.

**THURSDAY • 11/17 • 10 to 11:30 a.m.**

### Fentanyl in Arizona and our Children

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.

**MONDAY • 9/19 • 6 to 7:30 p.m.**

**WEDNESDAY • 10/5 • 6 to 7:30 p.m.**

### First Time Dads

Becoming a Father for the first time doesn't have to be overwhelming. A lot is going to happen with the mother of your child; but what can you do to help her along in the process? Take our First Time Dads class and learn about your role as a father, 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).

**MONDAY & WEDNESDAY • 11/28 & 11/30 • 6 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.

**TUESDAY • 10/18 • 6 to 8 p.m.**

### Human Trafficking

Human trafficking doesn't just happen in other countries; it happens right here in Arizona communities. Learn how traffickers in Arizona recruit their victims, the role of social media, and steps parents and others can take to protect children. We also provide real-life examples of human trafficking in Arizona and explain what you should do if you suspect someone may be a victim.

**WEDNESDAY • 11/2 • 10 to 11:30 a.m.**

### Opioid Awareness and Prevention

This presentation focuses on the opioid epidemic plaguing Arizona. We will discuss numerous topics relating to how opioids can negatively affect students. Placing heavy focus on prevalence, prevention, and support.

**WEDNESDAY • 9/14 • 10 to 11:30 a.m.**

### 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. There will be no meeting on 11/23.

**EVERY WEDNESDAY • 12 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.

**THURSDAY • 9/15 • 6 to 8 p.m.**

**TUESDAY • 10/25 • 10 a.m. to 12 p.m.**

**THURSDAY • 12/8 • 10 a.m. to 12 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.

**THURSDAY • 10/13 • 10 a.m. to 12 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.

**THURSDAY • 9/15 • 10 a.m. to 12 p.m.**

**All 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.**

### Pre-Register online at

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



Child Crisis Arizona  
*Safe kids. Strong families.*

# CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

## Fall 2022

### 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.

**WEDNESDAY • 9/7 • 6 to 8 p.m.**

**MONDAY • 10/3 • 6 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.

**THURSDAY • 12/1 • 10 a.m. to 12 p.m.**

### Safe and Secure Online NEW

Presented by The Center for Cyber Safety and Education (Center), this program aims to support cyber security education for parents including topics such as cyberbullying, online identity and image protection, scam identification, social networking safety, and computer safety.

**MONDAY • 9/26 • 6 to 7 p.m.**

**TUESDAY • 11/22 • 6 to 7 p.m.**

### Safe Sleep

This workshop combines education on Safe Sleep and Home Safety for parents to share the benefits of baby proofing a home to prevent injuries.

**WEDNESDAY • 9/7 • 10 a.m. to 12 p.m.**

**WEDNESDAY • 12/7 • 6 to 8 p.m.**

### Single Parenting

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

**MONDAY • 11/14 • 10 a.m. to 12 p.m.**

### 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.

**WEDNESDAY • 9/28 • 6 to 7:30 p.m.**

**WEDNESDAY • 11/9 • 6 to 7:30 p.m.**

**TUESDAY • 11/15 • 10 to 11:30 a.m.**

### Stewards of Children: Sexual Abuse Prevention

Child Sexual abuse is one of the most prevalent public health issues facing society today. One in 10 children will be the victim of sexual abuse before their 18th birthday. Stewards of Children teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. Built off the foundation of "The 5 Steps to Protecting Children", this workshop will use real people and real stories to show you how to protect the children around you. This program has a \$10 book fee.

**TUESDAY • 10/18 • 10 a.m. to 12 p.m.**

### Suicide Awareness & Prevention for Parents

This presentation addresses the teen suicide epidemic at both statewide and national levels. We discuss what to do when someone talks about ending their life, tools that help alert us to the warning signs and learn about risk and protective factors for youth suicidality. We will also provide the helpful resources for further guidance.

**TUESDAY • 10/11 • 10 to 11:30 a.m.**

### Teen Traffic Safety for Parents

Becoming a licensed driver is a milestone most teens look forward to for years. Gain a better understanding of aspects of traffic safety that impact teen drivers, such as distracted driving, speeding, and Graduated Driver Licensing laws. Walk away with ideas and resources to help your teen become a safe driver.

**TUESDAY • 11/1 • 11 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.

**WEDNESDAY • 9/28 • 10 a.m. to 12 p.m.**

### Water Safety

Water safety is important for all ages, but especially for toddlers. Drowning is the leading cause of death in children 1-4 years old. Young children can drown in as little as an inch or two of water, and it can happen quickly and silently. Join our class and learn how to create layers of protection to keep your family safe and reduce drowning risks.

**MONDAY • 9/26 • 10 a.m. to 12 p.m.**

**Pre-Register online at**  
[register.communitypass.net/ChildCrisisArizona](https://register.communitypass.net/ChildCrisisArizona)



Child Crisis Arizona  
*Safe kids. Strong families.*

COMMUNITY FALL 2022

## 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. We no longer provide child care. 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-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.**

### Fresh Start Women's Foundation

1130 E. McDowell Road  
Phoenix, AZ 85006

FSWF workshops only available to individuals who identify as female.

#### 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.*

Tues. 10/4 12 - 2 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.*

Tues. 11/8 12 - 2 p.m.

### Frye Elementary School

801 E. Frye Road  
Chandler, AZ 85225

#### 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.*

Tues. 9/6 5 - 7 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.*

Tues. 10/11 5 - 7 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. 11/8 5- 7 p.m.

### Children's Museum of Phoenix

215 N 7th St  
Phoenix, AZ 85034

#### 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. 10/12 10 a.m. - 12 p.m.



## Harris Elementary School

1820 S. Harris Dr

Mesa, AZ 85204

Childcare is provided by Gilbert Public Schools for children 3 years old and up.  
Pre-registration is required.

### 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. 9/14

4 - 6 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. 9/29

5 - 7 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. 10/24

5 - 7 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.

Wed. 11/16

4 - 6 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. 12/6

5 - 7 p.m.

## Scottsdale Family Resource Center

6535 E. Osborn Rd. Bldg 7

Scottsdale, AZ 85251

### 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. 9/6

10 a.m. - 12 p.m.

## Homeward Bound

2302 W. Colter St.

Phoenix, AZ 85006

### 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. 9/13

10 a.m. - 12 p.m.

### Conscious Discipline

Conscious Discipline is an 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.

Wed. & Thurs. 10/5 & 10/6

10 a.m. - 12:00 p.m.

### Adverse Childhood Experiences

Childhood trauma affects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe. Explore strategies to build emotionally healthy families by learning about the healing process.

Wed. 10/26

10 a.m. - 12:00 p.m.

### Fentanyl in Arizona and Our Children

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. 11/29

10 - 11:30 a.m.

## One Small Step

710 N Cooper Rd, Gilbert, AZ 85233

\*located inside the Cottonwood  
Professional Plaza

### Active Parenting

Active Parenting is a six-week series designed for parents of 5-12 year-olds. This class incorporates video, activities, and discussion. Topics discussed are: communication, discipline, self-esteem, encouragement, problem solving, understanding children's behavior, and more. There is a \$20.00 workbook fee for this class.

Mondays 10/17-11/21

10 a.m. - 12 p.m.

**Poston Butte High School**

32375 N. Gantzel Rd. ,  
San Tan Valley 85143

**Fentanyl in Arizona and Our Children**

*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.*

Monday 9/12

6. - 7:30 p.m.



Child Crisis Arizona  
*Safe kids. Strong families.*

Child Crisis Arizona Clases y Talleres en Español

## Otoño 2022

### Clases y Talleres En Persona

Scottsdale Family Resource Center | 6535 E. Osborn Rd. Bldg 7, Scottsdale AZ, 85251

#### Desarrollo del Niño

10/12

10 am - 12 pm

Una visión general de los hitos físicos, cognitivos, sociales y emocionales apropiados para el desarrollo desde el nacimiento hasta los once años. Aprenda cómo dirigir las características claves dentro de cada etapa de desarrollo.

#### Dormir Seguro

11/22

10 am - 12 pm

En este taller aprenderás lo que es un ambiente seguro de dormir para un bebé y discutiremos las recomendaciones de la Academia Americana de Pediatría sobre el dormir. El taller también discutirá formas de reducir el riesgo de SUID y otros riesgos de dormir que se deben evitar.

#### Padres De Acuerdo En La Crianza De Sus Hijos

9/1

10 am - 12 pm

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.

#### Seguridad del Asiento de Carro

9/27

10 am - 12 pm

12/7

10 am - 12 pm

¡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.

#### Para más información

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

**CHILDCRISISAZ.ORG**

#### Preinscribirse en línea en

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



817 N. Country Club Dr. | Mesa, AZ 85201

**480.834.9424**