



Child Crisis Arizona
Safe kids. Strong families.

COMMUNITY SUMMER 2022

IN PERSON COMMUNITY-BASED CLASSES & WORKSHOPS

CONTACT & REGISTRATION

To receive this via email, contact us at classregistration@childcrisisaz.org, (480) 834-9424 or 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.

Homeward Bound

2302 W. Colter St.
Phoenix, AZ 85006

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.

Wed. 7/6

10 a.m. - 12 p.m.

Bullying; Signs, Symptoms, and Solutions

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Thurs. 6/16

10 a.m.- 12 p.m.

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.

Mon. 6/13

12 - 2 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.

Thurs. 7/14

10 - 11:30 a.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.

Tues. 8/16

12 - 2 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.

Thurs. 8/18

10 - 11:30 a.m.

Children's Museum of Phoenix

215 N 7th St
Phoenix, AZ 85034

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. **Every participant that completes this class will receive free passes to the Children's Museum for them and their child(ren) for a future date.***

Mon. 8/8 10 a.m. - 12 p.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. **Each participant that completes the class will receive freebies for their child and family fun.***

Tuesdays 6/21 - 7/26 10 a.m. - 12 p.m.



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CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

Summer 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.

TUESDAY • 8/2 • 10 a.m. to 12 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

MONDAY & WEDNESDAY • 8/1 & 8/3 • 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. **Every participant that completes the class will receive a giveaway for a Daddy Daughter(s)/Son(s) day out.**

TUESDAYS & THURSDAYS • 7/12- 7/28 • 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.

TUESDAY & THURSDAY • 8/23 & 8/25 • 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.

MONDAY • 7/18 • 6 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.

THURSDAY • 6/23 • 6 to 8 p.m.

MONDAY • 7/25 • 10 a.m. to 12 p.m.

WEDNESDAY • 8/17 • 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 • 6/13 • 10 a.m. to 12 p.m.

TUESDAY • 8/2 • 6 to 8 p.m.

WEDNESDAY • 8/24 • 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.

TUESDAY & THURSDAY • 6/14 & 6/16 • 6 to 8 p.m.

MONDAY & WEDNESDAY • 8/15 & 8/17 • 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.

MONDAY & WEDNESDAY • 6/6 & 6/8 • 10 a.m. to 12 p.m.

MONDAYS • 8/22 & 8/29 • 6. to 8 p.m.

Drug Trends

Parents and caregivers will learn about current drug and alcohol trends impacting our youth and prevention tools to help them avoid these risky behaviors.

THURSDAY • 6/9 • 6 to 8 p.m.

E-Cigs & Vaping

This topic will focus on educating parents about the common myths and perceptions students have 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.

TUESDAY • 8/16 • 10 to 11:30 a.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



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Summer 2022

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.

TUESDAY • 8/30 • 6 to 7:30 p.m.

Better Money Habits NEW

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.

MONDAY • 6/27 • 10 a.m. to 12 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). **Each participant that completes the class will receive a new Dad package including diapers, wipes, and other freebies.**

MONDAY & WEDNESDAY • 8/8 & 8/10 • 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.

WEDNESDAY • 7/6 • 6 to 8 p.m.

THURSDAY • 7/21 • 10 a.m. to 12 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.

THURSDAY • 7/7 • 6 to 7:30 p.m.

Kindergarten Readiness

This workshop focuses on how to help children make the transition from preschool into kindergarten.

TUESDAY • 6/21 • 6 to 8 p.m.

MONDAY • 7/11 • 10 a.m. to 12 p.m.

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.

THURSDAY • 6/23 • 10 a.m. to 12 p.m.

Parent Support Group

Join us for a virtual meeting to find support in parenting. The group, led by a Child Crisis Arizona Child and Family Education Specialist, will meet bi-weekly to discuss topics such as maintaining structure and routines, creating boundaries, anything causing you stress or anxiety as a parent.

EVERY TWO WEEKS BEGINNING 6/1 • 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.

MONDAY • 6/6 • 6 to 8 p.m.

WEDNESDAY • 8/31 • 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.

WEDNESDAY • 6/29 • 6 to 8 p.m.

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Summer 2022

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 • 6/2 • 6 to 8 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.

MONDAY • 6/27 • 6 to 8 p.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.

MONDAY • 7/18 • 10 to 11 a.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.

TUESDAY • 8/9 • 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.

WEDNESDAY • 7/20 • 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.

THURSDAY • 8/11 • 10 to 11:30 a.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 • 8/30 • 10 to 11:30 a.m.

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.

THURSDAY • 8/4 • 6 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.

THURSDAY • 6/2 • 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.

TUESDAY • 6/14 • 10 a.m. to 12 p.m.

WEDNESDAY • 6/22 • 10 a.m. to 12 p.m.

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Child Crisis Arizona Clases y Talleres en Español

Verano 2022

Clases y Talleres En Persona

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

Seguridad del Agua

6/15

10 am - 12 pm

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. Únase a nuestra clase y aprenda a crear capas de protección para mantener a su familia segura y reducir los riesgos de ahogamiento.

Preparación para Kinder

7/13

10 am - 12 pm

Este taller se enfoca en cómo ayudar a los niños a hacer la transición de preescolar a kinder. Cada participante recibirá un kit gratuito de preparación para kindergarten.

Seguridad del Asiento de Carro

8/24

10 am - 12 pm

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

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.

Dormir Seguro

6/7

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.

Seguridad del Asiento de Carro

6/30

10 am - 12 pm

8/9

10 am - 12 pm

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

Orientación y Disciplina Positiva

7/25

2 pm - 4 pm

Las técnicas de disciplina positiva promueven el control del comportamiento y la autoestima. Aprenda cómo animar en una forma proactiva el comportamiento que desea ver con estas estrategias de crianza positivas.

Padres De Acuerdo En La Crianza De Sus Hijos

8/22

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. Aprenda de la comunicación y analice los estilos de comunicación individuales.

Para más información

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480-834-9424

classregistration@childcrisisaz.org

CHILDCRISISAZ.ORG

Preinscribirse en línea en

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