

Child Crisis Arizona - Jan/Feb 2021



Child Crisis Arizona
Safe kids. Strong families.

ONLINE CLASSES AND 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.

THURSDAY • 2/4 • 6 to 8 p.m.

Adverse Childhood Experiences

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

WEDNESDAY • 1/13 • 9 to 11 a.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 • 2/18 - 3/25 • 6 to 8 p.m.

Anger Management for Kids

Learn skills and techniques to help your child with their own anger management. See examples of easy at home activities you can do with your child to develop necessary coping skills and increase emotional literacy.

TUESDAYS • 2/16 & 2/23 • 6 to 8 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.

THURSDAY • 1/28 • 12 to 2 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.

TUESDAY • 1/5 • 5 to 7 p.m.

WEDNESDAY • 1/20 • 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.

WEDNESDAY • 1/6 • 10 a.m. to 12 p.m.

TUESDAY • 2/9 • 10 a.m. to 12 p.m.

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

MONDAYS • 2/1 & 2/8 • 5 to 7 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. Learn ways to problem solve during difficult behaviors and use effective consequences as a parent.

MONDAY & WEDNESDAY • 1/25 & 1/27 • 6 to 8 p.m.

Pre-Register online at
register.communitypass.net/ChildCrisisArizona.



817 N. Country Club Dr. | Mesa, AZ 85201 **480.834.9424**

Drug Trends

An overview of why kids use drugs, why some kids are more at risk than others, current trends in substance abuse (alcohol, prescription drugs, vaping and marijuana) and what to do if you suspect or know that your child is using drugs.

MONDAY • 2/8 • 10 to 11:30 a.m.

E-Cigarettes and Vaping

This topic will focus on educating students about the common myths 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 • 1/14 • 10 a.m. to 11:30 a.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.

THURSDAY • 1/21 • 10 a.m. to 12 p.m.

Kindergarten Readiness

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

THURSDAY • 2/11 • 6 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.

THURSDAY • 2/4 • 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's growth into healthy adults.

MONDAY • 1/4 • 10 a.m. to 12 p.m.

TUESDAY • 1/19 • 6 to 8 p.m.

WEDNESDAY • 2/17 • 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 and a Therapist, will meet weekly to discuss topics such as maintaining structure and routines, creating boundaries, anything causing you stress or anxiety as a parent.

WEDNESDAY • 1/6 • 1 to 2:30 p.m.

WEDNESDAY • 1/13 • 1 to 2:30 p.m.

WEDNESDAY • 1/20 • 1 to 2:30 p.m.

WEDNESDAY • 1/27 • 1 to 2:30 p.m.

WEDNESDAY • 2/3 • 1 to 2:30 p.m.

WEDNESDAY • 2/10 • 1 to 2:30 p.m.

WEDNESDAY • 2/17 • 1 to 2:30 p.m.

WEDNESDAY • 2/24 • 1 to 2:30 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.

TUESDAY • 1/12 • 10 a.m. to 12 p.m.

MONDAY • 2/22 • 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 • 1/7 • 10 a.m. to 12 p.m.

WEDNESDAY • 2/24 • 9 to 11 a.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.

MONDAY • 1/11 • 5 to 7 p.m.

TUESDAY • 1/26 • 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 children.

THURSDAY • 1/14 • 6 to 8 p.m.

WEDNESDAY • 2/3 • 10 a.m. to 12 p.m.

Relatives as Parents Support Group

Join other kinship families and find support and community connection.

TUESDAY • 1/12 • 6 to 7:30 p.m.

TUESDAY • 2/9 • 6 to 7:30 p.m.

Safe Sleep

In this workshop you will learn what a safe sleep environment looks like for a baby and discuss the American Academy of Pediatrics' recommendations on sleep. The workshop will also discuss ways to reduce the risk of SUID and other infant sleep risks to avoid.

THURSDAY • 2/11 • 10 a.m. to 12 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.

THURSDAY • 1/28 • 6 to 8 p.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.

TUESDAY • 1/5 • 11 a.m. to 1 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.

TUESDAY • 1/12 • 3 to 5 p.m.

TUESDAY • 2/2 • 9 to 11 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.

Check out our Online Trainings which allow you to take select topics at your own convenience! <https://childcrisisaz.org/courses>

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