

817 N. Country Club Dr.
Mesa, AZ 85201
(Country Club Drive &
Rio Salado Parkway,
behind the Church)



Child Crisis Arizona
PREVENT. ADVOCATE. SUPPORT.

Child Crisis Arizona offers
these same programs in the
same building at in Mesa,
formerly known as the
Family Resource Center.

childcrisisaz.org

FAMILY RESOURCE CLASSES & WORKSHOPS

CONTACT & REGISTRATION To receive this via email, contact us at parenting@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 class. **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 15 minutes late to receive credit for a class or workshop. Child Crisis Arizona facilities are drug, alcohol and weapon-free.

*CLASSES AND WORKSHOPS ARE SUBJECT TO CHANGE. PLEASE VISIT WEBSITE, FOR MOST UPDATED SCHEDULE INFORMATION.

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

PARENTING CLASSES

PARENTING OF TEENS (Class requires \$15 book)

Parenting skills class for parents of teens ages 12-18.

Mon. 01/25/16 - 02/29/16 1-3 p.m.
Wed. 02/10/16 - 03/16/16 6-8 p.m.

GUIDING GOOD CHOICES®

Parents learn how to prevent drug and alcohol abuse in their families.

Tues. 02/02/16 - 03/01/16 6-8 p.m.

1,2,3,4 PARENTS (Class requires \$15 book)

Parenting skills class for parents of children ages 1-4.

Wed. 02/03/16 - 03/09/16 6-8 p.m.
Tues. 02/09/16 - 03/22/16 1-3 p.m.

ACTIVE PARENTING (Class requires \$20 book)

Parenting skills class for parents of children ages 5-12.

Mon. 02/22/16 - 03/28/16 3-5 p.m.
Wed. 03/23/16 - 04/27/16 6-8 p.m.

PARENTING CHILDREN WITH ADHD

Overview of ADHD, impact of diagnosis, behaviors, treatment and parent support.

Mon. 03/21/16 - 05/02/16 6-7:30 p.m.

OWN IT FINANCIAL EDUCATION PROGRAM

Learn money management tips and how to gain financial independence.

Thurs. 03/10/16 - 03/31/16 6-8 p.m.

CHILDREN'S SERVICES

PLAYGROUP (Pre-registration not required.)

Bring your child(ren) ages 1-5 and enjoy a variety of creative learning experiences.

Tues. weekly 10-11:30 a.m.

KINDER PREP (Kids ages 3-5 and their parents)

Help prepare a child for school success.

Wed. 03/16/16 - 03/30/16 10-11:30 a.m.

ANGER MANAGEMENT for the FAMILY

PARENTING WITH PATIENCE

Tips to handle anger and stress related to parenting.

Thurs. 01/28/16 - 03/03/16 9:30-11 a.m.
Thurs. 02/18/16 - 03/31/16 6-7:30 p.m.

HUFFY HIPPOS (Kids ages 3-5 and their parents)

A skill building class for early signs of temper tendencies.

Tues. 02/09/16 - 03/01/16 5:45-7:15 p.m.

RAGING RHINOS (Kids ages 6-7 and their parents)

A skill-building class for early signs of temper tendencies.

Mon. 02/22/16 - 03/28/16 6-7:30 p.m.

NEW PARENTS

EXPECTANT PARENT & INFANT CARE

March 29, 30 & 31 6-8 p.m.

Day 1 (Tues.) Calming a crying baby

Day 2 (Wed.) Basic infant care

Day 3 (Thurs.) Infant brain development

SERVICIOS EN ESPAÑOL

PATERNIDAD ACTIVA (5-12 años. \$20.00 costo de libro)

Un curso para mejorar sus habilidades como padres.

lunes 01/25/16 - 02/29/16 10 a.m.-12 p.m.

DESARROLLO INFANTIL **NUEVO**

Información general sobre el desarrollo cognitivo, físico y social-emocional de los niños desde el nacimiento - a 11 años.

miércoles 01/20/16 1-2:30 p.m.

miércoles 02/03/16 6-7:30 p.m.

ENTENDIMIENTO DEL CARÁCTER **NUEVO**

Aprenda cómo se forma la personalidad y consejos para mejorar las relaciones entre padre e hijo.

jueves 01/21/16 9:30-11:30 a.m.

jueves 03/17/16 6-8 p.m.

EXPERIENCIAS ADVERSAS DURANTE LA NIÑEZ

Conozca los efectos de trauma infantil a largo plazo en la salud.

martes 01/26/16 1-3 p.m.

jueves 02/25/16 6-8 p.m.

EL APEGO Y VINCULACIÓN CON SU BEBÉ Y NIÑOS PEQUEÑOS

jueves 01/28/16 9:30-11:30 a.m.

jueves 03/24/16 6-8 p.m.

TRIPLE P®- EL PODER DE LA CRIANZA POSITIVA

Presenta los 5 principios básicos de la crianza positiva.

martes 03/14/16 9:30-11:30 a.m.

TRIPLE P®- CÓMO CRIAR NIÑOS SEGUROS, CAPACES

martes 03/21/16 9:30-11:30 a.m.

Presenta cómo utilizar los principios de crianza positiva para enseñarle a los niños los valores y aptitudes importantes.

TRIPLE P®- LA CRIANZA DE NIÑOS RESISTENTES

Presenta cómo ayudar a los niños aprender habilidades para regular sus emociones.

martes 03/28/16 9:30-11:30 a.m.

CERTIFICACIÓN DE RCP Y PRIMEROS AUXILIOS

El costo para los dos certificados es de \$35 o \$30 por solo RCP.

miércoles 03/30/16 5:30-9 p.m.

FATHER SERVICES

ANGER MANAGEMENT FOR FATHERS

For men that explores anger, control and other parenting emotions.

Wed. 01/27/16 - 02/24/16 6-8 p.m.
Tues. 02/23/16 - 03/29/16 6-8 p.m.

DADS DROP-IN Discussion Group

Monthly parenting support in an all-guy setting.

3rd Tues. 6-7:30 p.m.

PLAYTIME WITH DAD

For dads and kids ages 1-5, enjoy a variety of creative learning experiences.

3rd Sat. bimonthly (on odd months) 10-11:30 a.m.

FAMILIES IN TRANSITION

PARENTING THROUGH TRANSITION

Covers the impact of transition/loss on parents and children and strategies to handle change.

Tues. 01/19/16 - 02/02/16 6-8 p.m.
Wed. 03/02/16 - 03/30/16 1-3 p.m.

COOPERATIVE PARENTING (Class requires \$20 book)

For separated/divorced parents committed to sharing the responsibility of raising children.

Tues. 01/19/16 - 02/09/16 6-8 p.m.

FAMILY LAW & CHILD SUPPORT ASSISTANCE CLINICS

1st Tues. monthly (call for info.) 6-8 p.m.

GUARDIANSHIP CLINIC (Registration required)

Document preparation assistance for kinship caregivers to establish legal guardianship.

2nd Thurs. monthly 2-4 p.m.

PARENT WORKSHOPS

TRIPLE P®- THE POWER OF POSITIVE PARENTING

Learn 5 core principles of positive parenting.

Tues. 03/15/16 1-3 p.m.

TRIPLE P®- RAISING CONFIDENT, COMPETENT CHILDREN

Parents learn positive parenting principles.

Tues. 01/19/16 9-11 a.m.

Tues. 03/22/16 1-3 p.m.

TRIPLE P®- RAISING RESILIENT CHILDREN

Parents learn how to teach children emotion regulation skills.

Tues. 01/26/16 9-11 a.m.

Tues. 03/29/16 1-3 p.m.

HAPPIEST BABY ON THE BLOCK®

Learn how to calm your infant age birth to 3 months.

Tues. 02/02/16 1-3 p.m.

Tues. 03/29/16 1-3 p.m.

HAPPIEST TODDLER ON THE BLOCK®

Improve communication and raise secure, well-behaved toddlers.

Wed. 01/13/16 1-3 p.m.

Tues. 03/15/16 6-8 p.m.

Wed. 03/30/16 9:30-11:30 a.m.

RAISING HEALTHY SONS

21 tips for raising healthy sons.

Wed. 01/13/16 1-3 p.m.

Wed. 03/09/16 1-3 p.m.

Thurs. 03/24/16 3-5 p.m.

ADVERSE CHILDHOOD EXPERIENCES

Awareness of the effects of childhood trauma on adult health and how to keep kids safe and healthy.

Thurs. 01/14/16 1-3 p.m.

Wed. 01/20/16 6-8 p.m.

PARENTING AND STRESS

Improve communication skills during stressful times.

Wed. 01/13/16 6-8 p.m.

Mon. 02/08/16 10 a.m.-12 p.m.

SINGLE PARENTING TODAY

Covers the unique challenges and strengths of parenting alone.

Wed. 01/13/16 6-8 p.m. Tues. 01/19/16 1-3 p.m.

Wed. 02/24/16 1-3 p.m. Wed. 03/23/16 6-8 p.m.

POSITIVE DISCIPLINE AND GUIDANCE

Effective discipline techniques for families.

Thurs. 01/14/16 10 a.m.-12 p.m. Wed. 01/27/16 6-8 p.m.

Wed. 02/17/16 1-3 p.m. Tues. 03/22/16 6-8 p.m.

PARENTING ON THE SAME PAGE

Positive co-parenting strategies for same or separate households.

Thurs. 01/14/16 6-8 p.m.

Thurs. 02/11/16 6-8 p.m.

Tues. 03/08/16 1-3 p.m.

UNDERSTANDING TEMPERAMENT

Learn how personality is shaped and tips to improve parent and child relationships.

Mon. 01/25/16 1-3 p.m. Mon. 02/08/16 6-8 p.m.

Mon. 03/07/16 1-3 p.m. Mon. 03/21/16 6-8 p.m.

CHILD DEVELOPMENT

General information on physical, social, emotional and cognitive development of children birth-11.

Mon. 01/25/16 6-7:30 p.m. Mon. 02/22/16 1-2:30 p.m.

Tue. 03/08/16 6-7:30 p.m. Mon. 03/28/16 1-2:30 p.m.

HE SAID, SHE SAID

Enhancing male and female communication.

Thurs. 01/28/16 6-8 p.m.

Tues. 02/16/16 9-11 a.m.

Wed. 03/23/16 1-3 p.m.

RAISING EMOTIONALLY HEALTHY CHILDREN

Strengthening children's social & emotional competence.

Mon. 02/01/16 1-3 p.m. Mon. 03/14/16 1-3 p.m.

Mon. 02/22/16 6-8 p.m. Mon. 03/28/16 6-8 p.m.

ATTACHMENT & BONDING WITH INFANTS & TODDLERS

Mon. 02/01/16 6-8 p.m. Mon. 03/14/16 6-8 p.m.

Mon. 02/29/16 1-3 p.m. Tues. 03/22/16 1-3 p.m.

MOM SAYS NO, DAD SAYS YES

Tues. 02/02/16 9-11 a.m.

Thurs. 03/10/16 9:30-11:30 a.m.

Wed. 03/30/16 1-3 p.m.

SHE CALLS ME DADDY

Fathers learn the impact they have on their daughters.

Thurs. 02/04/16 6-8 p.m.

Mon. 02/29/16 10 a.m.-12 p.m.

Tues. 03/01/16 1-3 p.m.

COMMUNICATING EFFECTIVELY WITH INFANTS & TODDLERS

Mon. 02/08/16 1-3 p.m. Mon. 02/29/16 6-8 p.m.

Mon. 03/21/16 1-3 p.m. Tues. 03/29/16 6-8 p.m.

STEWARDS OF CHILDREN

Prevent, recognize and respond effectively to child sexual abuse.

Wed. 03/09/16 6-8:30 p.m.

CPR & FIRST AID

One night class certification in CPR/First Aid. Cost is \$35 for both or \$30 for CPR or First Aid only.

Tues. 03/22/16 5:30-9 p.m.