



Child Crisis Arizona
Safe kids. Strong families.

CHILD CRISIS ARIZONA IN-PERSON CLASSES & WORKSHOPS

Summer 2025: July - September

INFORMATION

Pre-registration is required for services. Each class has a minimum. If a class does not meet the minimum registration requirement, it will be moved to Zoom prior to the first night. 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.

PROGRAMS ARE SUBJECT TO CHANGE. PLEASE VISIT OUR WEBSITE FOR UPDATED SCHEDULE INFORMATION.



The Center for Child & Family Wellness

424 W. Rio Salado Parkway, Mesa, AZ 85201

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.

Tues • 9/9 • 10 a.m. to 12 p.m.

CPR & First Aid

Join our upcoming CPR & First Aid Training session and learn lifesaving skills and techniques provided by experienced, licensed professionals. Class/certification fee of \$50.

Mon • 8/11 • 1 p.m. to 5 p.m.

Mon • 9/15 • 4 p.m. to 8 p.m.

Healthy Eating & the WIC Program *NEW

WIC is so much more than food! Come learn more about how we help families, schedule an appointment, and see all the newest program features. We will also discuss healthy eating through our online cookbook, nutritious recipe videos, and website resources. Presented in partnership with Maricopa County WIC Program.

Wed • 8/20 • 10 a.m. to 11 a.m.

Wed • 9/24 • 10 a.m. to 11 a.m.

Raising Sons & 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.

Thurs • 7/24 • 10 a.m. to 12 p.m.

Safe Sleep

In this workshop you will learn what a safe sleep environment looks like to help reduce injury. You will learn the ABC's of safe sleep to help keep infants safe.

Wed • 7/23 • 10 a.m. to 11:30 a.m.

Smart Eating Made Simple

*NEW

A nationally certified nutrition course offered through the University of Arizona that comes with weekly recipe and kitchenware giveaways, covering nutrition essentials such as My Plate, key nutrients, food safety, calories and fats, and osteoporosis prevention. Formerly named "Understanding Family Nutrition".

Thurs • 9/18-10/9 • 10 a.m. to 12 p.m.

Suicide Prevention using QPR *NEW

QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. People trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.

Wed • 9/17 • 10 a.m. to 12 p.m.



Scan the QR code or use the link
below to pre-Register:

register.communitypass.net/ChildCrisisArizona



424 W. Rio Salado Parkway | Mesa, AZ 85201

480.834.9424



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Supporting Infants & Families Impacted by Substance Use

In this workshop presented in partnership with Hushabye you will learn strategies to support families impacted by substance use by decreasing stigma and increasing access to care. Additionally, you will learn how Neonatal Abstinence Syndrome affects infants, and ways you can help them heal to have a healthy start to life.
Mon • 9/29 • 6 p.m. to 7:30 p.m.

Triple P: Raising Confident, Competent Children

Parents and caregivers are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies include showing respect to others, being considerate, having good communication and social skills, having healthy self-esteem, being a good problem solver, and becoming independent.
Thurs • 9/25 • 10 a.m. to 12 p.m.

Triple P: Raising Resilient Children

Parents and caregivers are introduced to six core building blocks for children to manage their feelings and become resilient in dealing with life stress. This includes recognizing and accepting feelings, expressing feelings appropriately, building a positive outlook, developing coping skills, dealing with negative feelings, and dealing with stressful life event.
Tues • 9/30 • 10 a.m. to 12 p.m.

Triple P: The Power of Positive Parenting

Parents and caregivers are introduced to the five key principles of positive parenting that form the basis of Triple P. These principles include ensuring a safe engaging environment, creating a positive learning environment, using assertive discipline, having reasonable expectations, and looking after yourself as a parent.
Tues • 9/23 • 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 injury 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.
Mon • 8/18 • 10 a.m. to 11 a.m.

Zumbini® *NEW

Zumbini® uses dance & educational tools for unstoppable fun. Learn how to combine early-childhood development and Zumba®. This class is intended for children ages 0-4 and their parent/guardian.

Thurs • Weekly beginning 7/10 • 9 a.m. to 9:45 a.m.*

*No class 7/17



Lunch & Learn Workshops

Join us for a few select programs where we'll provide lunch during our scheduled workshops

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 • 8/12 • 11 a.m. to 1 p.m.



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AZCEND - Gilbert

Family Resource Center | Heritage Center
132 W Bruce Ave, Gilbert, AZ 85233

AZCEND will provide child care for participants.

Adverse Childhood Experiences (ACEs)

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

Mon • 7/14 • 4 p.m. to 6 p.m.

Boys & Girls Club - Thunderbirds Branch

20199 N 78th Pl,
Scottsdale, AZ 85255

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.

Mon • 8/25 • 6 p.m. to 8 p.m.

Boys & Girls Club - Virginia G. Piper Branch

10515 E Lakeview Dr,
Scottsdale, AZ 85258

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 • 8/6 • 6 p.m. to 8 p.m.

Gilbert Public Schools - Burk Elementary

545 N Burk St,
Gilbert, AZ 85234

Conscious Discipline

Conscious Discipline is a two part 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.

Thurs • 8/28 & 9/4 • 5:30 p.m. to 7:30 p.m.



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Gilbert Public Schools - Quartz Hill Elementary

3680 S Quartz St,
Gilbert, AZ 85297

Triple P: Raising Resilient Children

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Tues • 9/23 • 5:30 p.m. to 7:30 p.m.

Gilbert Public Schools - Islands Elementary

245 S McQueen Rd,
Gilbert, AZ 85233

Triple P: Raising Confident, Competent Children

Parents and caregivers are introduced to six core building blocks for children to become confident and successful at school and beyond. These competencies include showing respect to others, being considerate, having good communication and social skills, having healthy self-esteem, being a good problem solver, and becoming independent.

Tues • 9/16 • 5:30 p.m. to 7:30 p.m.

Scottsdale Family Resource Center

6535 E. Osborn Road Bldg. 7,
Scottsdale, AZ, 85251

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