



Child Crisis Arizona  
Safe kids. Strong families.

# CHILD CRISIS ARIZONA IN-PERSON CLASSES & WORKSHOPS

## Fall 2025: October - December

### 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 • 12/2 • 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.

Tues • 11/18 • 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.

Wed • 10/29 • 1 p.m. to 5 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.

Thurs • 12/11 • 10 a.m. to 12 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 • 11/4 • 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.

Thurs • 10/30 • 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 • 10/2-10/30 • 10 a.m. to 12 p.m.

\*No class 10/23

#### 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.

Thurs • 11/13 • 10 a.m. to 12 p.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 10/2 • 9 a.m. to 9:45 a.m.\*

\*No class 10/30, 11/27, 12/18, & 12/25



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

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



424 W. Rio Salado Parkway | Mesa, AZ 85201

**480.834.9424**



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### **Gilbert Public Schools -Desert Ridge High School**

10045 E Madero Ave, Mesa,  
AZ 85209

#### **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.

Thurs • 11/13 • 5 p.m. to 7 p.m.

### **Gilbert Public Schools -Finley Farms Elementary**

375 S Columbus Dr, Gilbert,  
AZ 85296

#### **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 • 10/28 • 5 p.m. to 7 p.m.

### **GESD Family Hub at the System of Care Center**

7677 W. Bethany Home Road  
Glendale, AZ 85303

#### **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.

Wed • 10/29 • 10 a.m. to 12 p.m.

### **Scottsdale Family Resource Center**

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

#### **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.

Mon • 11/17 • 10 a.m. to 12 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.

Mon • 12/15 • 10 a.m. to 12 p.m.



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