



Child Crisis Arizona
Safe kids. Strong families.

CHILD CRISIS ARIZONA VIRTUAL CLASSES & WORKSHOPS

Fall 2025: October - December

Adverse Childhood Experiences - Extended 2 pt.

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.

Tues & Thurs • 10/14 & 10/16 • 6 p.m. to 8 p.m.
Tues & Thurs • 12/2 & 12/4 • 6 p.m. 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.

Mon & Tues • 11/24 & 11/25 • 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.

Tues • 11/25 • 6 p.m. 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.

Mon • 10/6 • 6 p.m. to 8 p.m.
Wed • 10/22 • 10 a.m. to 12 p.m.
Tues • 11/4 • 6 p.m. to 8 p.m.
Wed • 11/19 • 10 a.m. to 12 p.m.
Wed • 12/17 • 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.

Mon • 10/20 • 10 a.m. to 12 p.m.

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.

Tues & Thurs • 12/2 & 12/4 • 6 p.m. to 8 p.m.

Coparenting - Children in Between

This two-part 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. \$25 book fee. This class is designed to be taken independently of the other co-parent.

Mon & Wed • 11/17 & 11/19 • 6 p.m. to 8 p.m.

Ending the Silence: Youth Mental Health for Parents (In Partnership with NAMI)

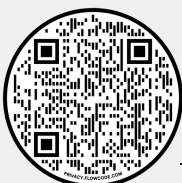
Join us for an in-depth discussion on children's mental health, focusing on identifying warning signs of mental health conditions, bullying (whether experiencing or perpetrating), and what do if your child is experiencing thoughts of suicide. We will provide resources, information on support groups, and feature a guest speaker who will share their personal journey with mental health challenges and recovery.

Wed • 10/22 • 6 p.m. 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.

Thurs • 10/23 • 6 p.m. to 8 p.m.
Thurs • 12/11 • 6 p.m. to 8 p.m.



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

register.communitypass.net/ChildCrisisArizona

All virtual 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.



424 W. Rio Salado Parkway | Mesa, AZ 85201 | 480-834-9424



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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.

Tues • 10/21 • 10 a.m. to 12 p.m.

Parent Support Group

Join us for a virtual meeting to find support in parenting. Connect with other parents/guardians to share your struggles and successes. Our Child Crisis Arizona Child and Family Education Specialist will send out a weekly topic via email including things such as maintaining structure and routines, creating boundaries, self-care for parents, and many more.

Wed • 11/12 • 12 p.m. to 1:30 p.m.

Wed • 12/10 • 12 p.m. 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.

Wed • 12/17 • 6 p.m. to 8 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.

Wed • 10/15 • 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.

Wed • 11/12 • 6 p.m. to 8 p.m.

Resilient Roots: Parenting After Trauma

Resilient Roots: Parenting After Trauma is a transformative series of classes designed to support parents in learning positive parenting practices and fostering personal healing. The program includes three core classes: Adverse Childhood Experiences, Rx360, and Healing Trauma. Open to everyone at no cost, this inclusive programming provides a safe space for reflection, learning, and growth—supporting parents in breaking generational cycles and nurturing healthier family relationships.

Tues & Thurs • 10/14-10/23 • 6 p.m. to 8 p.m.

Tues & Thurs • 12/2-12/11 • 6 p.m. 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.

Mon • 12/15 • 6 p.m. to 8 p.m.

Rx360: Substance Misuse Training

Rx360 is an evidence informed prevention program that engages parents, grandparents and caregivers through an interactive presentation. The presentation provides caregivers with valuable insights as to why children and teens abuse prescription drugs, how parents can start the dialogue about the dangers of prescription drug misuse with their children and how parents can build resiliency in their children to turn down offers to try prescription and other drugs.

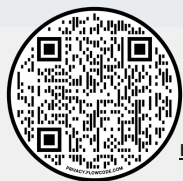
Tues • 10/21 • 6 p.m. to 8 p.m.

Tues • 12/9 • 6 p.m. to 8 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 • 12/10 • 6 p.m. to 7:30 p.m.



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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.

Thurs • 11/6 • 6 p.m. to 7 p.m.

The Rise of Fentanyl

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.

Mon • 10/27 • 6 p.m. to 7:30 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.

Mon • 11/3 • 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 • 10/27 • 10 a.m. to 11 a.m.

Save the Date!

Car Seat Check Event **October 24th | 8am - 12pm**

Drive through and have your child's car seat or booster seat inspected by a trained safety expert to ensure proper installation.

Venga y deje que un experto capacitado en seguridad inspeccione los asientos de automóvil o asientos elevador (booster) para garantizar una instalación adecuada para su niño.

Email safekidsmaricopa@childcrisisaz.org for more information.

On-Demand Trainings

Can't join us for one of our scheduled sessions? We offer on-demand programs that you can complete at your own convenience and have your certificate emailed to you.

<https://www.childcrisisaz.org/what-we-do/online-courses>

¿No puede unirse a nosotros para una de nuestras sesiones programadas? Ofrecemos programas en línea que usted puede completar en sus propia conveniencia y recibir su certificado por correo electrónico.

<https://www.childcrisisaz.org/what-we-do/cursos-en-linea>

Email classregistration@childcrisisaz.org for more information.



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