



Child Crisis Arizona  
Safe kids. Strong families.

# CHILD CRISIS ARIZONA IN-PERSON CLASSES & WORKSHOPS

## Winter 2026: January - March

### 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

#### Bullying - A Change in Perspective

In this presentation, participants will delve into the various forms of bullying—physical, verbal, social, and cyberbullying. We'll gain a thorough understanding of what constitutes bullying and Arizona laws.

Wed • 2/18 • 10 a.m. to 12 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.

Thurs • 2/19 • 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 • 1/27 • 10 a.m. to 12 p.m.

#### Child Safety Tips for Grandparents **\*NEW**

This workshop for grandparents covers essential baby safety practices, including proper car seat use and creating a safe home and sleep environment. You'll learn the American Academy of Pediatrics' sleep recommendations and tips to reduce risks like SUID and common sleep hazards. We'll also discuss medication storage and fire safety to help keep children in your care safe.

Mon • 3/2 • 10 a.m. to 12 p.m.

#### Consumer Scams **\*NEW**

Have you ever received calls or texts from an unknown number selling you something that seems too good to be true? What about emails or physical mail claiming demanding payment? Scam artists and fraudsters look for ways to take advantage of consumers. These presentations include information on how to protect yourself from fraud, warning signs it might be a scam, and common scams to look out for.

Wed • 3/4 • 10 a.m. to 11 a.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.

Sat • 3/21 • 9 a.m. to 1 p.m.

#### Internet Safety **\*NEW**

This eye-opening presentation is designed to empower parents to create a healthy and balanced tech-life in their family. This workshop covers commonly used apps and social media platforms, online harassment, the impact of tech/internet use on the developing brain, and implementation of tech-free days/zones.

Mon • 3/16 • 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 • 3/9 • 10 a.m. to 12 p.m.



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

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



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480.834.9424



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#### 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.

Tues • 2/24 • 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.

Tues • 1/13 • 10 a.m. to 12 p.m.

#### Snapchat as a Drug Dealing Trend

Social Media has become part of our children's life which can include some risks and dangers. In this course you will be learning about the risks of using Snapchat, how it may be used to access substances, and what you can do to protect your children from the risks.

Mon • 2/9 • 6 p.m. to 7 p.m.

#### Substance Use & THC/Vaping \*NEW

This vital presentation, presented in partnership with Not My Kid, provides life-saving information and strategies to prevent substance use, addiction, and overdose. This workshop includes discussion on common myths around substance use, how youth acquire drugs, signs and symptoms of drug use, and harm reduction techniques.

Wed • 1/21 • 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. \$5 book fee.

Mon • 1/26 • 10 a.m. to 12 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.

Thurs • 3/26 • 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.

Wed • 3/25 • 10 a.m. to 11 a.m.

#### Zumbini®

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 1/8 • 9 a.m. to 9:45 a.m.



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