



Child Crisis Arizona
Safe kids. Strong families.

CHILD CRISIS ARIZONA IN-PERSON CLASSES & WORKSHOPS

Spring 2026: April - June

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

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 • 5/4 • 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.

Thurs • 4/23 • 10 a.m. to 12 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 • 5/14 • 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.

Tues • 6/16 • 10 a.m. to 12 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 • 6/24 • 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.

Wed • 4/22 • 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 • 6/2 • 10 a.m. to 12 p.m.

Suicide Prevention Using QPR

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.

Thurs • 5/28 • 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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Tobacco Prevention Program for Parents *NEW

This vital presentation, presented in partnership with Unlimited Potential aims to empower parents and caregivers on the dangers of smoking and help youth stay tobacco-free.

Tues • 4/28 • 10 a.m. to 11 a.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 • 4/30 • 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 • 6/10 • 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 4/9 • 9 a.m. to 9:45 a.m.*

*No class 4/2 & 4/16

Save the Date!

Spring into Summer Safety

Westwood High School

945 W Rio Salado Pkwy, Mesa, AZ 85201

May 2nd | 9 a.m. - 11:30 a.m.

Spring into Summer Safety by joining us during a morning of fun and educational safety activities for the whole family. Learn how to keep children safe this summer and how to prevent injuries.

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>

Email classregistration@childcrisisaz.org for more information.



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