



Child Crisis Arizona  
Safe kids. Strong families.

# CHILD CRISIS ARIZONA IN-PERSON CLASSES & WORKSHOPS

## Summer 2026: 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

#### 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 • 9/14 • 10 a.m. to 12 p.m.

#### Beyond Babbling - Sign Language & More \*NEW

Get a head start on your baby's language development! This class will teach basic signs you and your baby can use to communicate. We will also talk about how to read infant cues and simple ways you can encourage speech and language development in your everyday routine! This class is intended for children ages 0-5 and their parent/guardian.

Mon • Weekly beginning 7/6 • 9:30 a.m. to 10:15 a.m.\*

\*No class 9/7

#### Bites & Stings

\*NEW

Presented in partnership with Banner Poison and Drug Information Center, learn all about the Arizona critters we share our desert with, how to prevent a bite or sting, and how to treat a venomous bite or sting when it happens. Poison control materials will be free and included with your attendance.

Wed • 7/29 • 10 a.m. to 11 a.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.

Wed • 9/30 • 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 • 9/1 • 10 a.m. to 12 p.m.

#### Opioid Misuse and Administering Naloxone \*NEW

Presented in partnership with Banner Poison and Drug Information Center, this presentation will teach you all about opioids: What are they? How are they used or misused? You will also learn how to administer Narcan (Naloxone) in an emergency opioid overdose situation. Free poison control materials and a box of Naloxone will be provided to all who attend.

Thurs • 8/27 • 10 a.m. to 11 a.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.

Tues • 8/18 • 10 a.m. to 12 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 • 7/8 • 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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#### 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.

Thurs • 7/23 • 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 • 9/29 • 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.

Tues • 8/4 • 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 7/2 • 9 a.m. to 9:45 a.m.

### 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](mailto:classregistration@childcrisisaz.org) for more information.



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