



Child Crisis Arizona
Safe kids. Strong families.

CHILD CRISIS ARIZONA IN-PERSON CLASSES & WORKSHOPS

Fall 2026: October - December

INFORMATION : 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

Parent/Guardian & Child Classes

These classes are intended for children & their parent/guardian

Art Odyssey Arizona *NEW

An educational community program and non-profit organization partnered with the Phoenix Art Museum to bring visual arts programming to elementary students. This class is intended for children ages 5-10 and their parent/guardian. Instructors teach children about visual literacy, observation, and famous art styles, letting students create their own inspired art pieces.

Tues • 10/13 • 4 p.m. to 4:45 p.m.

Tues • 11/17 • 4 p.m. to 4:45 p.m.

Tues • 12/15 • 4 p.m. to 4:45 p.m.

Raising a Reader *NEW

Raising a Reader is a national program designed to educate parents and caregivers about the importance of early literacy skills and how they can help build these skills in their young children to help them enter school ready to learn. Parents attend eight weekly early literacy workshops with their children, ages 0-5 (older family members are welcome to attend, too). Families who participate in the program receive 12 high-quality children's books to build their home libraries and are connected to local resources!

Wed • 10/7-12/2 • 8:45 a.m. to 9:45 a.m.*

*No class 11/11

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.

This class is on-going, feel free to join us at any point during the series.

Mon • Weekly beginning 10/5 • 9:30 a.m. to 10:15 a.m.*

*No class 10/12, 12/21, & 12/28

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 0-5 and their parent/guardian.

This class is on-going, feel free to join us at any point during the series.

Thurs • Weekly beginning 10/1 • 9 a.m. to 9:45 a.m.*

No class 11/12, 11/26, 12/24, & 12/31

Child-Friendly Parent Education Classes

Children ages 0-5 are welcome to join their parent/guardian for these in-person parent education classes

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 • 12/14 • 10:30 a.m. to 12:30 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 • 11/18 • 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 • 12/3 • 10 a.m. to 11 a.m.



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

register.communitypass.net/ChildCrisisArizona



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Community Connections

Community Connection sessions are themed activities for parents/guardians and their 0-5 year olds. Activities range from crafts, community healthcare, movies, cooking, and other family friendly activities.

Japanese Friendship Garden of Phoenix

Staff from the Japanese Friendship Gardens of Phoenix look forward to visiting our Center to promote greater awareness and understanding of Japan through activities such as origami and traditional games.

Tues • 10/13 • 10 a.m. to 11 a.m.

Tues • 11/10 • 10 a.m. to 11 a.m.

Tues • 12/8 • 10 a.m. to 11 a.m.

Healthy Bites for Growing Minds - Pt. 2

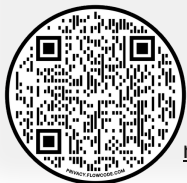
Through hands-on activities, children learn about different food groups, healthy food choices, and the importance of balanced nutrition for growth and development. This activity continues our journey learning healthy habits, encourages family engagement, and helps children build lifelong skills for making nutritious choices.

Wed • 10/14 • 10:30 a.m. to 11:30 a.m.

Healthy Fall Snack

Families and children will prepare and enjoy a simple, nutritious fall-themed snack while learning about healthy eating habits. This activity encourages children to explore new flavors, practice fine motor skills, and build positive attitudes toward healthy foods.

Tues • 10/20 • 10:30 a.m. to 11:30 a.m.



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Save the Date!

Community Connection

Something fun is on the horizon! We're planning a Community Connection Parent/Guardian & Child Activity filled with connection, laughter, and memories. We're still working out the details, so stay tuned and check back soon for the big reveal!

Wed • 10/28 • 10:30 a.m. to 11:30 a.m.

Baby Yoga

Caregivers and babies will participate in gentle yoga-inspired movements, stretches, and songs that promote bonding, relaxation, flexibility, and body awareness. This calming activity supports physical development while encouraging positive parent-child interaction.

Tues • 11/24 • 10:30 a.m. to 11:30 a.m.

Save the Date!

Community Connection

Something fun is on the horizon! We're planning a Community Connection Parent/Guardian & Child Activity filled with connection, laughter, and memories. We're still working out the details, so stay tuned and check back soon for the big reveal!

Wed • 12/9 • 10:30 a.m. to 11:30 a.m.

Dance & Movement

Toddlers and their caregivers will enjoy fun songs and simple movement activities that encourage dancing, stretching, jumping, and following directions. This activity helps develop gross motor skills, coordination, balance, self-expression, and social interaction while promoting physical activity in a fun and engaging environment.

Thurs • 12/10 • 10:30 a.m. to 11:30 a.m.



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Bullying

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

- Various dynamics and roles in a bullying situation
- The impact of bullying on a child's mental health
- Effective strategies for addressing bullying and aggressive behaviors
- How to promote positive behaviors with youth

Thurs • 10/1 • 10 a.m. to 11 a.m.

Internet Safety

This eye-opening presentation is designed to empower parents to create a healthy and balanced tech-life in their family.

The session covers:

- Commonly used apps and social media platforms
- Online harassment, predators & sextortion, mature content addition
- The impact of tech.internet use on the developing brain
- How to implement tech-free days/zones

Mon • 11/2 • 10 a.m. to 11 a.m.

Positive Discipline & 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.

Mon • 11/9 • 10 a.m. to 12 p.m.

Substance Use

This vital presentation provides life-saving information and strategies to prevent substance use, addiction, and overdose.

The session covers:

- Common myths around substance use and addiction
- How youth seek out and acquire drugs and how to replace with healthy coping skills
- Signs and symptoms of drug use and the impact on the developing brain
- Harm reduction techniques and how to administer Narcan

Mon • 12/7 • 10 a.m. to 11 a.m.

Teen Mental Health

This strength-based presentation provides techniques for adults to build resiliency skills in youth. The session covers:

- Signs and symptoms of depression, anxiety, self-harm, and suicide
- Creating and modeling healthy coping skills
- How to respond if a youth is struggling and need extra support
- Community resources available to families

Mon • 10/19 • 10 a.m. to 11 a.m.

THC & Vaping

In this presentation, students will learn the history of tobacco, fast facts about nicotine and THC, and the negative effects on brain development from substance use. Students will also learn about the severity of addiction. This session covers:

- How youth are being targeted by marketing
- The addictive components of nicotine and THC
- Misconceptions about vaping
- Peer pressure and coping skills
- Inform on the risk of fentanyl and overdose

Tues • 11/17 • 10 a.m. to 11a.m.



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