family resource center

strong families. safe kids.

a program of CHILD CRISIS CENTER

CONTACT & REGISTRATION

p: 480-834-9424 w: www.childcrisis.org/frc
Get this via email; contact us at frc@childcrisis.org

LOCATION

817 N. Country Club Dr., Mesa, AZ 85201
Bus Route 112 Country Club/Arizona Ave

INFORMATION

Each class has a minimum. If a class is not full it will be cancelled a week prior to class. Pre-registration for childcare is required. Limited to 3 children per family. You must arrive no more than 15 minutes late to receive credit for a class or workshop.

PARENTING SKILLS TRAINING

ACTIVE PARENTING NOW*

Parenting class for parents of children ages 5-12.
Tues. 1:00 - 3:00pm 01/14/14 - 03/04/14
Thurs. 6:00 - 8:00pm 01/16/14 - 03/06/14
Thurs. 6:00 - 8:00pm 05/01/14 - 06/19/14
*Class requires book ($15)

1, 2, 3, 4 PARENTS*

Parenting class for parents of children ages 1-4.
Thurs. 1:00 - 3:00pm 01/30/14 - 03/06/14
Thurs. 6:00 - 8:00pm 03/20/14 - 04/24/14
Tues. 1:00 - 3:00pm 04/15/14 - 05/20/14
*Class requires book ($15)

PARENTING CHILDREN WITH ADHD

An overview of ADHD, impact of the diagnosis, behaviors, treatment and parent support.
Mon. 6:00 - 7:30pm 01/13/14 - 02/24/14
Mon. 6:00 - 7:30pm 04/07/14 - 05/19/14

BECOMING A LOVE & LOGIC PARENT® *

Learn logical techniques that make parenting more fun!
Tues. 6:00 - 8:00pm 02/11/14 - 03/04/14
*Class requires book ($10)

PARENTING OF TEENS*

Parenting class for parents of teens ages 12-18.
Tues. 6:00 - 7:30pm 02/18/14 - 03/25/14
*Class requires book ($15)

GUIDING GOOD CHOICES® NEW

An evidence-based program to teach parents the skills to prevent drug and alcohol abuse in their families.
Wed. 6:00 - 8:00pm 02/12/14 - 03/12/14

STEP PARENTING*

Working together as a couple in a blended family.
Wed. 6:00 - 7:30pm 04/09/14 - 04/30/14
*Class requires book ($15)

OWN IT FINANCIAL EDUCATION PROGRAM

Learn about money management and financial independence.
Wed. 6:00 - 8:00pm 05/07/14 - 05/28/14

CHILDREN'S SELF DEVELOPMENT

PLAY GROUPS

Bring your child and enjoy a variety of creative learning experiences.
Terrific Toddlers (walking-3 yrs)
Tues. 10:00 - 11:30am weekly
Playgroup (3-5 yrs)
Wed. 10:00 - 11:30am weekly
First Steps Together (for moms & babies birth-12 months)
1st & 3rd Thurs. 10:00 - 11:00am

CREATING CHARACTER (6-8 YRS)

Activities to enhance character for kids.
Wed. 6:00 - 7:30pm 02/12/14 - 03/26/14

CREATING CHARACTER (9-11 YRS)

Activities to enhance character for kids.
Wed. 6:00 - 7:30pm 04/02/14 - 05/07/14

CHILDREN IN CHANGE® (8-10 YRS) NEW

For children who are experiencing family change.
Wed. 6:00 - 7:30pm 04/02/14 - 05/07/14

ANGER MANAGEMENT FOR THE FAMILY

PARENTING WITH PATIENCE

Covers/explores anger and frustration related to parenting.
Wed. 6:00 - 7:30pm 02/12/14 - 03/26/14

HUFFY HIPPOS

A skill building class for early signs of temper tendencies. For kids ages 3-5 and their parents.
Wed. 5:30 - 7:00pm 01/15/14 - 02/05/14
Wed. 5:30 - 7:00pm 05/21/14 - 06/11/14

RAGING RHINOS

A skill building class for early signs of temper tendencies. For kids ages 6-7 and their parents.
Mon. 6:00 - 7:30pm 01/20/14 - 02/24/14
Mon. 6:00 - 7:30pm 03/03/14 - 04/07/14
Mon. 6:00 - 7:30pm 04/14/14 - 05/19/14

GROWLING GRIZZLIES

A skill building class for early signs of temper tendencies. For kids ages 8-10 and their parents.
Mon. 6:00 - 7:30pm 01/20/14 - 02/24/14
Mon. 6:00 - 7:30pm 03/03/14 - 04/07/14
Mon. 6:00 - 7:30pm 04/14/14 - 05/19/14

NEW PARENTS

EXPECTANT PARENT & INFANT CARE

Day 1 (Tues.): Calming a crying baby
Day 2 (Wed.): Basic infant care
Day 3 (Thurs.): Infant brain development
6:00 - 8:00pm Feb. 4, 5 & 6
6:00 - 8:00pm April 8, 9 & 10

SERVICIOS EN ESPAÑOL

1, 2, 3, 4 PADRES*

Un curso para mejorar sus habilidades como padre de familia. 1 -4 años. *$15 - costo de libro
jueves 6:00 - 8:00pm 02/20/14 - 03/27/14

PADRES ACTIVOS DE HOY!*

Un curso para mejorar sus habilidades como padre de familia. 5 -12 años. *$15 - costo de libro
jueves 6:00 - 8:00pm 04/24/14 - 05/29/14

CERTIFICACIÓN DE RCP Y PRIMEROS AUXILIOS

El costo para los dos certificados es de $35 o $30 por solo RCP.
miércoles 5:30 - 9:00pm 02/26/14

EXPERIENCIAS ADVERSAS DURANTE LA NIÑEZ

Comprenda los efectos de trauma infantil a largo plazo en su salud.
martes 6:00 - 8:00pm 05/20/14

MALE CALL

ANGER MANAGEMENT FOR FATHERS

A class for men that explores anger and control related to parenting.
Wed. 6:00 - 8:00pm 01/15/14 - 02/19/14
Wed. 6:00 - 8:00pm 04/23/14 - 05/28/14

BOOT CAMP FOR NEW DADS®

Veteran dads and their newborns orient rookie dads expecting their first baby.
Sat. 9:00am - 12:00pm 02/08/14
Sat. 9:00am - 12:00pm 05/31/14

DADS DROP IN *Discussion Group*

Wed. 6:00 - 7:30pm weekly (No group on 5th Wednesdays)

PLAYTIME WITH DAD

For dads and their children to enjoy a variety of creative learning experiences.
3rd Sat. 10:00 - 11:30am monthly (Ages 1 - 5 yrs)

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

Services are free because of funding from Arizona Republic Charities, Bob & Rene Parsons Foundation, Boeing Company, Child Abuse Prevention Fund, Child Abuse Prevention License Plate Fund, City of Chandler, City of Tempe, Eileen Fisher Community Partnership, Fiesta Bowl Charities, Ford Foundation, Fort McDowell Yavapai Nation, Freeport-McMoran Foundation, Nina Mason Pullium Charitable Trust, Salt River Pima-Maricopa Indian Community Gaming Funds, Steele Foundation, T.W. Lewis Foundation , Town of Queen Creek, and Valley of the Sun United Way. 1/1/14

MILITARY FAMILY SUPPORT

OPERATION MILITARY KIDS TECH DISCOVERY

Hands-on, tech discovery day camp for military kids and a parent - all branches of service welcome. Ages 6-11 yrs.

Sat. 9:00am - 3:00pm 03/29/14

FAMILIES IN TRANSITION

PARENTING THROUGH TRANSITION

Covers the impact of transition and loss on you and your family and new strategies to handle change.

Tues. 6:00 - 8:00pm 04/08/14 - 04/22/14

COOPERATIVE PARENTING*

For separated/divorced parents interested in sharing the responsibility of raising their children.

Wed. 6:00 - 8:00pm 04/09/14 - 04/30/14

*Class requires book ($20)

FAMILY LAW AND CHILD SUPPORT ASSISTANCE CLINICS

6:00 - 8:00pm on the 1st Tuesday of the month (Call for info)

PARENT WORKSHOPS

LOVE & LOGIC®- RAISING RESPONSIBLE KIDS

Increase the odds of raising responsible kids through proven techniques that make parenting more fun!

Tues. 6:00 - 8:00pm 01/14/14

Tues. 6:00 - 8:00pm 05/27/14

HE SAID; SHE SAID

Enhancing male and female communication.

Tues. 6:00 - 8:00pm 01/21/14

HAPPIEST BABY ON THE BLOCK ®

Learn how to calm your infant age birth to 3 months.

Tues. 6:00 - 8:00pm 01/21/14

COMMUNICATING EFFECTIVELY WITH INFANTS & TODDLERS

Thurs. 10:00am - 12:00pm 01/23/14

Thurs. 6:00 - 8:00pm 03/13/14

HAPPIEST TODDLER ON THE BLOCK ®

Improve communication and raise secure, well-behaved toddlers.

Tues. 6:00 - 8:00pm 01/28/14

JOB PREP BOOT CAMP NEW

Resume building, job search tactics, interview skills and more!

Wed. 6:00 - 8:00pm 01/29/14

Wed. 6:00 - 8:00pm 04/30/14

PARENTING ON THE SAME PAGE

Healthy co-parenting strategies for same or separate households.

Thurs. 6:00 - 8:00pm 01/30/14

SHE CALLS ME DADDY

Fathers learn the impact they have on their daughters' lives.

Tues. 6:00 - 8:00pm 02/11/14

SINGLE PARENTING TODAY

Addresses challenges single parents face.

Tues. 6:00 - 8:00pm 02/11/14

TEMPERAMENT

Learn the many ways children are different and how those differences affect family life.

Thurs. 10:00am - 12:00pm 02/13/14

WIRED FOR SUCCESS

Discover how infants and toddlers learn.

Thurs. 6:00 - 7:30pm 02/13/14

CPR & FIRST AID

One night class certification in CPR/First Aid.

Cost is $35 for both or $30 for CPR or First Aid only.

Mon. 5:30 - 9:00pm 02/17/14

RAISING HEALTHY SONS

21 tips for raising healthy sons.

Tues. 6:00 - 8:00pm 02/25/14

UNDERSTANDING MATERNAL & PATERNAL PARENTING STYLES

Wed. 6:00 - 8:00pm 03/05/14

DRUGS OF THE 21ST CENTURY

Wed. 6:00 - 8:00pm 03/19/14

PARENT CAFÉ

Join the conversation on keeping your family strong and resilient.

Tues. 6:00 - 8:00pm 03/25/14

Tues. 6:00 - 8:00pm 05/06/14

ATTACHMENT & BONDING WITH INFANTS & TODDLERS

Wed. 6:00 - 8:00pm 03/26/14

Thurs. 10:00am - 12:00pm 05/29/14

ADVERSE CHILDHOOD EXPERIENCES

Understand long-term effects on your health from childhood trauma.

Tues. 6:00 - 8:00pm 04/01/14

STEWARDS OF CHILDREN

Prevent, recognize, and react responsibly to child sexual abuse.

Wed. 6:00 - 9:00pm 04/02/14

INTERNET SAFETY & CYBERBULLYING

Learn how to help kids safely use the internet and social networking sites.

Thurs. 6:00 - 7:30pm 04/03/14

TRIPLE P®-THE POWER OF POSITIVE PARENTING

Learn 5 core principles of positive parenting.

Tues. 6:00 - 8:00pm 04/15/14

TRIPLE P®-RAISING CONFIDENT, COMPETENT CHILDREN

Parents learn positive parenting principles.

Tues. 6:00 - 8:00pm 04/22/14

TRIPLE P®-RAISING RESILIENT CHILDREN

Parents learn how to teach children emotion regulation skills.

Tues. 6:00 - 8:00pm 04/29/14

RAISING EMOTIONALLY HEALTHY CHILDREN

Tips for strengthening communication and self-expression with children.

Tues. 6:00 - 8:00pm 04/29/14

PARENTING AND STRESS

Improve communication skills during stressful times.

Wed. 6:00 - 7:30pm 05/07/14

POSITIVE DISCIPLINE AND GUIDANCE

Effective discipline techniques for families.

Tues. 6:00 - 8:00pm 05/13/14

CONNECTIONS

CONNECTING KIN, CAREGIVERS & KIDS

Please call 480-834-9424 for more info and location.

RELATIVES AS PARENTS (RAP) CLASS**

Parenting and care giving information, support, and resources.

Tues. 6:00 - 7:30pm 01/14/14 - 02/25/14

Tues. 6:00 - 7:30pm 03/11/14 - 04/22/14

Tues. 6:00 - 7:30pm 05/13/14 - 06/24/14

RELATIVES AS PARENTS (RAP) KIDS CLASS**

Social/emotional skill building class for kids who are being raised by their relatives; caregiver(s) must be attending RAP.

Tues. 6:00 - 7:30pm 01/14/14 - 02/25/14 (Ages 8 - 12 yrs)

Tues. 6:00 - 7:30pm 03/11/14 - 04/22/14 (Ages 8 - 12 yrs)

Tues. 6:00 - 7:30pm 05/13/14 - 06/24/14 (Ages 8 - 12 yrs)

RELATIVES AS PARENTS (RAP) SUPPORT GROUP (DROP-IN)

6:00 - 8:00pm 1st Tuesday of each month

6:00 - 8:00pm 3rd Thursday of each month

ADOPTION SUPPORT GROUP (DROP-IN)

For intensive parenting/family challenges.

6:00 - 8:00pm 2nd Wednesday of each month

For common parenting/family issues.

6:00 - 8:00pm 4th Wednesday of each month

CHILDREN'S ADOPTION SUPPORT GROUP**

For adoptees and siblings ages 9-15 years; parent(s) must attend the Adoption Support Group.

6:00 - 8:00pm 2nd & 4th Wednesday of each month

FOSTER CARE SUPPORT GROUP (DROP-IN)

Child/family training topics, sharing and support.

Call for dates & more information.

***Class or Support Group requires pre-registration*

Pre-registration required for childcare.