



Child Crisis Arizona

Safe kids. Strong families.

COMMUNITY

FALL 2021

IN PERSON COMMUNITY-BASED CLASSES & WORKSHOPS

CONTACT & REGISTRATION

To receive this via email, contact us at classregistration@childcrisisaz.org, (480) 834-9424 or childcrisisaz.org.

INFORMATION

Pre-registration is required for services. Each class has a minimum. If a class is not full it will be cancelled prior to the first night. We no longer provide child care. Children may not go into class or be left unattended on the premises. 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.

**CLASSES AND WORKSHOPS ARE SUBJECT TO CHANGE.
PLEASE VISIT OUR WEBSITE FOR UPDATED SCHEDULE INFORMATION.**

Children's Museum of Phoenix

215 N 7th St
Phoenix, AZ 85034

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 as well as practical suggestions to improve communication with young children.

Mon. 9/27 10 am - 12 pm

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.

Mon. 10/25 10 am - 12 pm

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.

Mon. 11/22 10 am - 12 pm

Kindergarten Readiness

This workshop focuses on how to help children make the transition from preschool into kindergarten.

Mon. 12/13 10 am - 12 pm

Coffelt-Lamoreaux Apartment Homes

1510 S 19th Dr
Phoenix, AZ 85009

Parenting the Love and Logic Way®

Parenting course, developed by Love and Logic Institute, designed to help find specific answers and actions for some of those difficult moments in child rearing. These simple techniques are effective with all children, from toddlers to teens. \$10 book fee.

Thursdays 9/9-10/14 10 am - 12 pm

FLORENCE SCHOOL DISTRICT--

District Office Auditorium

1000 S Main St
Florence, AZ 85132

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.

Mon. 9/13 6 - 8pm

**FLORENCE SCHOOL DISTRICT--
POSTON BUTTE HIGH SCHOOL**

32375 N. Gantzel Road
San Tan Valley, AZ 85143

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. 10/26 6 - 8 pm

**FLORENCE SCHOOL DISTRICT--
WALKER BUTTE CAFETERIA K-8**

29697 N Desert Willow Blvd
San Tan Valley, AZ 85143

Adverse Childhood Experiences

Childhood trauma effects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe.

Weds. 11/17 6 - 8 pm

**FLORENCE SCHOOL DISTRICT--
ANTHEM K-8 CAFETERIA**

2700 N Anthem Way
Florence, AZ 85132

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 as well as practical suggestions to improve communication with young children.

Thurs. 12/16 6 - 8 pm

FRESH START WOMEN'S FOUNDATION

1130 E. McDowell Road
Phoenix, AZ 85006

FSWF workshops only available to individuals who identify as female.

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 to grow into healthy adults. Learn about communication patterns and analyze individual communication styles.

Mon. 10/11 9:30 - 11:30 am

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.

Mon. 11/1 2 - 4 pm

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.

Thurs. 12/2 9:30 - 11:30 am

**MESA PUBLIC SCHOOLS - ADAMS
ELEMENTARY**

738 S Longmore
Mesa, AZ 85202

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.

Weds. 10/13 6 - 8 pm

ONE SMALL STEP

710 N Cooper Rd
Gilbert, AZ 85233

**located inside the Cottonwood Professional Plaza*

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. 10/21 10 am - 12 pm

**SCOTTSDALE FAMILY
RESOURCE CENTER**

6535 E. Osborn Road Building 7
Scottsdale, AZ 85251

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 as well as practical suggestions to improve communication with young children.

Tues. 9/14 10 am - 12 pm

**SCOTTSDALE FAMILY
RESOURCE CENTER**

6535 E. Osborn Road Building 7
Scottsdale, AZ 85251

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. 10/19 10 am - 12 pm

**TEMPE SCHOOLS - BUSTOZ LEARNING
CENTER**

2020 E. Carson Dr.
Tempe, AZ 85282

Adverse Childhood Experiences

Childhood trauma effects behavior into adulthood. Learn about the behavioral impacts, and how to promote healthy behaviors to keep kids safe.

Weds. 9/8 9 - 11 am

Bullying – Signs, Symptoms, and Solutions

A bully is defined as an individual who seeks out others that are viewed as vulnerable, with intent to cause harm. Bullying is a reality for our youth, and it's important to know signs and strategies to support those who are bullying and being bullied.

Mon. 10/18 9 - 11 am

Kindergarten Readiness

This workshop focuses on how to help children make the transition from preschool into kindergarten.

Weds. 11/10 9 - 11 am

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 as well as practical suggestions to improve communication with young children.

Thurs. 12/9 9 - 11 am



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CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

September-December 2021

A Guide to Healthy Teen Dating

Walk away with a better understanding of how to influence your teen to have healthy teen dating relationships while also learning the signs of dating violence. This workshop is recommended for parents with children as young as 11-years.

THURSDAY • 10/28 • 6 to 8 p.m.

Active Parenting

General parenting class for parents of children ages 5-12. This class incorporates video, activities, and discussion. We will discuss communication, discipline, self-esteem building skills, and understanding children's behaviors. \$20 book fee.

WEDNESDAY • 10/20- 11/24 • 10 a.m. to 12 p.m.

Adverse Childhood Experiences – Extended 3 Part Series

This three part class series will provide: an overview of what ACEs mean, including the short and long term impact of ACEs; guidance on trauma and toxic stress's connection to development and behaviors; strategies to build resiliency and promote post traumatic growth.

MONDAY, WEDNESDAY & FRIDAY • 10/4, 10/6 & 10/8 • 10 a.m. to 12 p.m.

Anger Management for Children

In this two part series you will gain a better understanding of how child development impacts your child's emotions, techniques to help them build healthy coping skills, and hands on activities you can use to increase their emotional intelligence.

TUESDAY • 10/26 & 11/2 • 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.

TUESDAY • 9/7 • 6 to 8 p.m.

TUESDAY • 11/9 • 6 to 8 p.m.

TUESDAY • 12/6 • 6 to 8 p.m.

All classes are hosted on Zoom and require video capabilities. Meeting information will be shared once registration is complete. Programming is live and cannot be viewed outside the scheduled session.

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.

MONDAY • 10/25 • 10 a.m. to 12 p.m.

Children in Between

This skill based program will help parents deal with their children's reactions to divorce in a positive and healthy way. Divorcing parents often increase the stress and anxiety their children experience by unknowingly putting them in the middle of a variety of personal, social, and financial issues. Walk away with activities you can do with your child, tools for improved communication, and positive ways to co-parent. \$15 book fee.

TUESDAY • 11/23 & 11/30 • 6 to 8p.m.

Conscious Discipline

Conscious Discipline is an evidence-based, trauma-informed approach to parenting. Learn ways to manage your emotions while helping your child manage their emotions, leading to a stronger parent-child relationship. Learn ways to problem solve during difficult behaviors and use effective consequences as a parent. This program will focus on your child's social and emotional learning.

WEDNESDAY • 9/15 & 9/22 • 10 a.m. to 12p.m.

Drug Trends

Parents and caregivers will learn drug use and underage drinking prevention tools.

TUESDAY • 10/19 • 11 a.m. to 12:30 p.m.

TUESDAY • 12/7 • 10 to 11:30 a.m.

Fentanyl in Arizona and our Children

Fentanyl is a danger for our community and children. In this course learn about what fentanyl is, how big the problem is and what we can do as caregivers to keep our children safe from this dangerous substance.

THURSDAY • 10/7 • 6 to 7:30 p.m.

Pre-Register online at
register.communitypass.net/ChildCrisisArizona



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480.834.9424



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CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

September-December 2021

First Time Dads

Becoming a Father for the first time doesn't have to be overwhelming. A lot is going to happen with the mother of your child; but what can you do to help her along in the process? Take our First Time Dads class and learn about your role as a father, childbirth and what it entails, the risk factors involved if precautions during pregnancy aren't taken, and a whole lot more. This is a two-part series with another two classes that you are encouraged to attend, Car Seat Safety and Safe Sleep (car seats and pack-n-plays are available for those that qualify).

TUESDAY & THURSDAY • 11/2 & 11/4 • 6 to 8 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.

TUESDAY • 11/30 • 1 to 3 p.m.

Human Trafficking

Human trafficking doesn't just happen in other countries; it happens right here in Arizona communities. Learn how traffickers in Arizona recruit their victims, the role of social media, and steps parents and others can take to protect children. We also provide real-life examples of human trafficking in Arizona and explain what you should do if you suspect someone may be a victim.

TUESDAY • 9/7 • 12 to 1:30 p.m.

MONDAY • 12/6 • 10 to 11:30 a.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.

THURSDAY • 9/23 • 6 to 8 p.m.

Parent Support Group

Join us for a virtual meeting to find support in parenting. The group, led by a Child Crisis Arizona Child and Family Education Specialist and a Therapist, will meet weekly to discuss topics such as maintaining structure and routines, creating boundaries, anything causing you stress or anxiety as a parent.

EVERY WEDNESDAY • NO SUPPORT GROUP ON 11/24* • 12 to 1:30 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.

THURSDAY • 9/9 • 6 to 8 p.m.

THURSDAY • 10/21 • 6 to 8 p.m.

THURSDAY • 12/9 • 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.

WEDNESDAY • 12/8 • 6 to 8 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.

WEDNESDAY • 9/1 • 5 to 7 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.

TUESDAY • 9/28 • 6 to 8 p.m.

All classes are hosted on Zoom and require video capabilities. Meeting information will be shared once registration is complete. Programming is live and cannot be viewed outside the scheduled session.

Pre-Register online at
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CHILD CRISIS ARIZONA VIRTUAL CLASSES AND WORKSHOPS

September-December 2021

Raising Sons and Daughters

Parents play a crucial role in the lives of their children. Understand the impact both fathers and mothers have on the lives of their children while exploring tips and strategies for raising healthy sons and daughters.

TUESDAY • 9/21 • 12 to 2 p.m.

Safe Sleep

This workshop combines education on Safe Sleep and Home Safety for parents to share the benefits of baby proofing a home to prevent injuries.

TUESDAY • 10/12 • 10 a.m. to 12 p.m.

TUESDAY • 11/6 • 6 to 8 p.m.

Single Parenting

Parenting alone comes with many unique challenges. Connect with other parents while exploring strategies to parent successfully while maintaining a single parent household.

THURSDAY • 11/18 • 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.

THURSDAY • 12/2 • 1 to 2:30 p.m.

Stewards of Children - Sexual Abuse Prevention

Child Sexual abuse is one of the most prevalent public health issues facing society today. One in 10 children will be the victim of sexual abuse before their 18th birthday. Stewards of Children teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. Built off the foundation of "The 5 Steps to Protecting Children", this workshop will use real people and real stories to show you how to protect the children around you. In a world where technology continues to advance. Class has a \$10 book fee.

WEDNESDAY • 10/13 • 10 a.m. to 12 p.m.

MONDAY • 12/13 • 6 to 8 p.m.

Suicide Awareness & Prevention for Parents

This presentation addresses the teen suicide epidemic at both statewide and national levels. We discuss what to do when someone talks about ending their life, tools that help alert us to the warning signs and learn about risk and protective factors for youth suicidality. We will also provide the helpful resources for further guidance.

TUESDAY • 9/14 • 6 to 7:30 p.m.

Understanding Online Safety

In a world where technology continues to advance, youth today are exposed to many things through the internet, social media and various apps. Learn about online safety, setting technology limits and other media issues that youth are facing when online.

MONDAY • 11/8 • 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.

MONDAY • 11/15 • 5 to 7 p.m.

Water Safety

Water safety is important for all ages, but especially for toddlers. Drowning is the leading cause of 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.

TUESDAY • 9/28 • 9 to 11 a.m.

All classes are hosted on Zoom and require video capabilities. Meeting information will be shared once registration is complete. Programming is live and cannot be viewed outside the scheduled session.

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Child Crisis Arizona Clases y Talleres en Español

Septiembre-Diciembre de 2021

Clases y Talleres En Línea

Todas las clases tienen lugar a través de Internet y requieren capacidades de video. La información de la reunión de Zoom se compartirá una vez que se complete el registro.

Criar Hijos y Hijas

11/15

10 am - 12 pm

Los padres juegan un papel fundamental en la vida de sus hijos. Comprenda el impacto que tanto el padre como la madre tienen en la vida de sus hijos mientras explora consejos y estrategias para criar hijos y hijas saludables.

La Disciplina Consciente

11/29 y 12/1

10 am - 12 pm

La Disciplina Consciente se centra en la crianza basado en la evidencia y basado en el trauma. Aprenda maneras de manejar sus emociones mientras ayuda a su hijo a manejar las emociones de ellos, lo que lleva a una relación más fuerte entre padres e hijos. Aprenda maneras de resolver problemas durante comportamientos difíciles y use consecuencias efectivas como padre. Este programa se centrará en el aprendizaje social y emocional de su hijo.

Orientación y Disciplina Positiva

9/30

6 - 8 pm

Las técnicas de disciplina positiva promueven el control del comportamiento y la autoestima. Aprenda cómo animar en una forma proactiva el comportamiento que desea ver con estas estrategias de crianza positivas.

Padres De Acuerdo En La Crianza De Sus Hijos

11/9

10 am - 12 pm

Información y estrategias para criar a los hijos ya sea en el mismo hogar o en hogares separados. Explore su estilo de crianza y motivación para crear una base para abordar la crianza de los hijos y apoyar aún más a sus hijos para que se conviertan en adultos sanos. Aprenda de la comunicación y analice los estilos de comunicación individuales.

Sanando Trauma

10/28

10 am - 12 pm

Ayudar a su hijo a sanar después de haber experimentado un evento traumático puede ser algo largo y difícil. Aprenda cuáles son algunos comportamientos comunes que podría ver, cómo comunicarse de manera efectiva sobre el trauma y cómo puede apoyar a su hijo.

Seguridad del Asiento de Carro

9/13

10 am - 12 pm

10/11

6 - 8 pm

Hablemos de la seguridad de los asientos de seguridad! Un técnico certificado en asientos para el automóvil le proporcionará instrucciones y información y usted aprenderá todo sobre la seguridad de sus hijos mientras viajan en su automóvil.

Clases y Talleres En Persona

Scottsdale Family Resource Center • 6535 E. Osborn Rd. • Scottsdale, AZ 85251

Desarrollo del Niño

11/16

10 am - 12 pm

Una visión general de los hitos físicos, cognitivos, sociales y emocionales apropiados para el desarrollo desde el nacimiento hasta los once años. Aprenda cómo dirigir las características claves dentro de cada etapa de desarrollo.

Comprensión de el Temperamento

12/14

10 am - 12 pm

Aprenda los tres estilos de temperamento innato que afectan el comportamiento de niños y adultos. Explicamos cómo ajustar la paternidad para satisfacer las necesidades del temperamento de nuestros niños y promover un desarrollo saludable.

Preinscribirse en línea en register.communitypass.net/ChildCrisisArizona.

Para más información
Child Crisis Arizona
480-834-9424
classregistration@childcrisisaz.org

CHILDCRISISAZ.ORG



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On-Demand Online Classes

Anger Management for Kids

In this program you will gain a better understanding of how child development impacts your child's emotions, techniques to help them build healthy coping skills, and hands on activities you can use to increase their emotional intelligence.

Beating Bedtime Battles

Learn how to create healthy sleep habits for your child, including the necessary amount of sleep for different ages, bedtime routines, and parenting tips to smooth the way.

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.

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.

Managing Stress as a Parent

Stress affects all aspects of our lives, including parenting. Explore healthy strategies to manage stress and create a plan to enhance your current parenting practices.

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Water Safety

Water safety is important for all ages, but especially for toddlers. Drowning is the leading cause of 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.

Important Info to Remember: These online trainings can be taken at any time! Once you've registered you will receive a link to the online training.

Please keep in mind the following: Only one certificate will be provided per registration. Each certificate will show one hour of parent education.

ChildCrisisAZ.org/courses

For more information

Child Crisis Arizona
480-834-9424

classregistration@childcrisisaz.org

[CHILDCRISISAZ.ORG](https://ChildCrisisAZ.org)



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Clases y talleres en línea

Orientación y Disciplina Positiva

Las técnicas de disciplina positiva promueven el control del comportamiento y la autoestima. Aprenda cómo animar en una forma proactiva el comportamiento que desea ver con estas estrategias de crianza positivas.

Manejar El Estrés Como Padre

El estrés afecta todos los aspectos de nuestras vidas, incluyendo la crianza de los hijos. Explore estrategias saludables para manejar el estrés y cree un plan para mejorar sus prácticas actuales de crianza.

Manejo de la ira para Niños

En este programa, obtendrá una mejor comprensión de cómo el desarrollo infantil afecta las emociones de su hijo, técnicas para ayudarlo a desarrollar habilidades de afrontamiento saludables y actividades prácticas que puede utilizar para aumentar su inteligencia emocional.

Sanando Trauma

Ayudar a su hijo a sanar después de haber experimentado un evento traumático puede ser algo largo y difícil. Aprenda cuáles son algunos comportamientos comunes que podría ver, cómo comunicarse de manera efectiva sobre el trauma y cómo puede apoyar a su hijo.

Superar las Batallas a la Hora de Dormir

Aprenda a crear buenos hábitos de dormir para su hijo, incluso la cantidad adecuada de dormir para la edad adecuada, rutinas para la hora de dormir y consejos para padres para facilitar el camino.

Padres De Acuerdo En La Crianza De Sus Hijos

Información y estrategias para criar a los hijos ya sea en el mismo hogar o en hogares separados. Explore su estilo de crianza y motivación para crear una base para abordar la crianza de los hijos y apoyar aún más a sus hijos para que se conviertan en adultos sanos. Aprenda de la comunicación y analice los estilos de comunicación individuales.

Promoviendo El Apego Seguro

El apego seguro es la base de las relaciones saludables desde la niñez hasta la edad adulta. Explore las estrategias e interacciones de los padres para fomentar un apego saludable en la vida de su hijo.

Desarrollo del Niño

Una visión general de los hitos físicos, cognitivos, sociales y emocionales apropiados para el desarrollo desde el nacimiento hasta los once años. Aprenda cómo dirigir las características claves dentro de cada etapa de desarrollo.

Seguridad del Agua

La seguridad en el agua es importante para todas las edades, pero especialmente para los niños pequeños. El ahogamiento es la principal causa de muerte por lesiones en niños de 1 a 4 años. Los niños pequeños pueden ahogarse en tan solo una o dos pulgadas de agua, y esto puede suceder de manera rápida y silenciosa. Únase a nuestra clase y aprenda a crear capas de protección para mantener a su familia segura y reducir los riesgos de ahogamiento.

Por favor tenga en cuenta lo siguiente: Para recibir un Certificado de finalización, debe obtener un 75% o más en la prueba posterior. Solo se proporcionará un certificado por registro. Cada certificado mostrará una hora de educación para padres. Si está tomando esto para cumplir con un requisito de la corte, nosotros sugerimos que verifique que se acepte un entrenamiento en línea.

ChildCrisisAZ.org/courses

Para más información

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