



CONTACT

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
The Family Resource Center is a project of the Child Crisis Center

IN COLLABORATION WITH

City of Mesa, Community Bridges, HOPE in the East Valley, Maricopa County Head Start Zero to Five Program, Mesa Public Schools, The Partnership, Operation Military Kids Partners, Tempe St. Luke's Hospital

CLASSROOM CONNECTIONS

Free school worksheets for kindergarten - 6th grade

FAMILY FUN

Activity-filled evenings for the whole family.
Mon. 02/22/10 & Wed. 04/7/10 6:00-7:30 PM

SAVE THE DATE!

Target Family Festival: Saturday, March 20, 2010

Services are free because of funding from Arizona Republic Charities, Boeing Company, Boeing Company Charitable Trust, Brookdale Foundation, Child Abuse Prevention Fund, Child Abuse Prevention License Plate Fund, City of Chandler, City of Scottsdale, City of Tempe, Cox Communications, C.W. & Modene Neely Charitable Foundation, Freeport-McMoran Copper & Gold, Fort McDowell Yavapai Nation, Mesa United Way, Nina Mason Pulliam Charitable Trust, P & G Fund of The Greater Cincinnati Foundation, Target Community Giving, Thunderbird Charities, Town of Gilbert, Valley of the Sun United Way, William L. & Ruth T. Pendleton Memorial Fund.

PARENTING SKILLS TRAINING

1,2,3,4 PARENTS

Parenting class for parents of children ages 1 – 4 yrs.
\$15 book fee
Tues. 1:00-3:00 PM 01/05/10 – 02/09/10
Thurs. 6:00-8:00 PM 03/11/10 – 04/15/10
Tues. 1:00-3:00 PM 04/27/10 – 06/01/10

ACTIVE PARENTING NOW

Parenting class for parents of children ages 5 – 12 yrs.
\$15 book fee
Thurs. 6:00-8:00 PM 01/07/10 – 02/25/10
Tues. 1:00-3:00 PM 02/23/10 – 04/13/10
Thurs. 6:00-8:00 PM 04/29/10 – 06/17/10

PARENTING CHILDREN WITH ADHD

An overview of ADHD, impact of the diagnosis, behaviors, treatment, and parent support.
Tues. 6:00-7:30 PM 04/13/10 – 05/25/10

STEP PARENTING

A couples class which discusses the characteristics unique to stepfamilies. \$15 book fee
Tues. 6:00-7:30 PM 02/23/10 – 04/06/10

PARENTING OF TEENS

Class for parents of teens ages 12 – 18 yrs.
\$15 book fee
Tues. 6:00-7:30 PM 01/12/10 – 03/02/09

RELATIVES AS PARENTS (RAP)

Parenting class for caregivers raising their relative's children.
Tues. 6:00-7:30 PM 01/12/10 – 02/23/10
Tues. 6:00-7:30 PM 03/09/10 – 04/20/10

RELATIVES AS PARENTS SUPPORT GROUP

6:00-7:30 PM on the 1st Tuesday of each month.

FAMILIES IN TRANSITION

COOPERATIVE PARENTING

For separated/divorced parents wanting to share the responsibility of raising their children. \$20 book fee
Thurs. 6:00-8:00 PM 01/14/10 – 03/04/10
Wed. 6:00-8:00 PM 04/14/10 – 06/02/10

SPLIT PEAS

A support group for children ages 7 - 11 yrs whose parents are separated or divorced.
Thurs. 6:00-8:00 PM 01/14/10 – 03/04/10

ANGER MANAGEMENT FOR THE FAMILY

PARENT ANGER MANAGEMENT

Covers and explores frustrations due to parenting.
Tues. 6:00-7:30 PM 01/05/10 – 02/09/10
Tues. 6:00-7:30 PM 04/27/10 – 06/01/10

HUFFY HIPPOS

A skill building class for early signs of temper tendencies. For kids 3 - 5 yrs and their parents.
Thurs. 10:00-11:30 AM 01/07/10 – 02/11/10
Thurs. 10:00-11:30 AM 02/25/10 – 04/01/10
Thurs. 10:00-11:30 AM 04/15/10 – 05/20/10

RAGING RHINOS

A skill building class for early signs of temper tendencies. For kids 6 - 8 yrs and their parents.
Mon. 6:00-7:30 PM 01/11/10 – 02/15/10
Mon. 6:00-7:30 PM 03/01/10 – 04/05/10
Mon. 6:00-7:30 PM 04/19/10 – 05/24/10

GROWLING GRIZZLIES

A skill building class for early signs of temper tendencies. For kids 9 - 11 yrs and their parents.
Mon. 6:00-7:30 PM 01/11/10 – 02/15/10
Mon. 6:00-7:30 PM 03/01/10 – 04/05/10
Mon. 6:00-7:30 PM 04/19/10 – 05/24/10

LIFE SKILLS

HEALTHY RELATIONSHIPS

Relationship skills for parents.
Level 1
Mon., Tues. & Wed. 6:00-9:00 PM Jan. 18, 19, & 20
Tues., Wed. & Thurs. 6:00-9:00 PM Feb. 16, 17, & 18
Level 2
Mon., Tues. & Wed. 6:00-9:00 PM Mar. 8, 9, & 10
Level 3
Mon., Tues. & Wed. 6:00-9:00 PM Apr. 12, 13, & 14

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 12/1/2009

CHILDREN'S SELF DEVELOPMENT

PLAY GROUPS

Bring your child and enjoy a variety of creative learning experiences.

Tues. 12:00-1:30 PM weekly (Birth to walking)
Tues. 10:00-11:30 AM weekly (Walking to 3 years)
Wed. 10:00-11:30 AM weekly (Ages 2 to 5 years)

CREATING CHARACTER

Provides activities to enhance character for kids 7-11 years.

Wed. 4:00-5:30 PM 01/13/10 – 03/03/10

FREE THE HORSES

Self-esteem class for kids 6-9 years.

Wed. 4:00-5:30 PM 03/24/10 – 05/12/10

SOCIAL SALAMANDERS

A social skills class for kids 7-10 years.

Wed. 4:00-5:30 PM 05/26/10 – 06/30/10

RELATIVES AS PARENTS (RAP) KIDS

Social therapeutic class for kids 8-12 years who are being raised by their relatives.

Tues. 6:00-7:30 PM 01/12/10 – 02/23/10
Tues. 6:00-7:30 PM 03/09/10 – 04/20/10

OPERATION FAMILY SUPPORT

OPERATION MILITARY KIDS CAMO CAMP

Hands-on, interactive day camp for military kids – all branches of service. Ages 6-13 yrs.

Sat. 9:00-3:00 PM 04/24/10

SERVICIOS EN ESPAÑOL

PADRES ACTIVOS DE HOY!

Un curso para mejorar sus habilidades como padre de familia. 5-12 años. \$15.00 costo de libro

jueves 6:00-8:00 PM 05/13/10 – 06/17/10

SOBRE LA ADOLESCENCIA

Un curso para padres con adolescents de 12-18 años.

jueves 6:00-8:00 PM 03/18/10 - 04/22/10

1, 2, 3, 4 PADRES

Un curso para mejorar sus habilidades como padre de familia. 1-4 años. \$15.00 costo de libro

jueves 6:00-8:00 PM 01/14/10 – 02/11/10

RELACIONES SOLIDAS

Habilidades de relaciones solidas para padres.

Nivel 1

Lunes, martes y miércoles, 6:00-9:00pm
enero 25,26 y 27

Martes, miércoles y jueves, 6:00-9:00pm
febrero 23, 24 y 25

Nivel 2

Martes, miércoles y jueves, 6:00-9:00pm
marzo 16, 17 y 18

Nivel 3

Lunes, martes y miércoles, 6:00-9:00 pm
abril 19, 20 y 21

NEW PARENTS

EXPECTANT PARENT & INFANT CARE

Day 1: Calming a crying baby; Day 2: Basic infant care;
Day 3: Infant brain development. \$20.00 materials fee

Tue., Wed. & Thurs. 6:00-8:00 PM Jan. 5, 6, & 7
6:00-8:00 PM Mar. 9, 10, & 11
6:00-8:00 PM May 4, 5 & 6

SIGN, SAY & PLAY™

Using Baby Signs® with babies helps reduce tears, tantrums and frustrations. \$40 materials fee

Thurs. 6:00-7:00 PM 03/25/10 – 04/29/10

BOOT CAMP FOR NEW DADS

Veteran dads and their newborns orient rookie dads expecting their first baby.

Sat. 9:00-12:00 PM 02/06/10 or 04/10/10

WORKSHOPS

“SMART USE OF MEDIA”

Develop media literacy for parents & caregivers of young children

Wed. 6:00-7:30 PM 02/03/10

POSITIVE DISCIPLINE & GUIDANCE

Effective discipline techniques for families.

Tues. 6:00-8:00 PM 03/30/10

CPR & FIRST AID

One night certification in CPR/First Aid. Cost is \$35 for both or \$30 for CPR or First Aid only (English & Español).

Mon. 5:30-9:00 PM 02/08/10

Wed. 5:30-9:00 PM 04/14/10

SHE CALLS ME DADDY

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

Mon. 6:30-8:00 PM 03/23/10

STEWARDS OF CHILDREN

Prevent, recognize, and react responsibly to child sexual abuse. \$10 materials fee

Wed. 6:00-9:00 PM 02/03/10

Thurs. 6:00-9:00 PM 04/15/10

BABY SIGNS® PARENT WORKSHOP

Parents learn how to use the BABY SIGNS® program. \$20 materials fee

Thurs. 6:00-8:00 PM 03/18/10

UNDERSTANDING MATERNAL AND PATERNAL PARENTING STYLES

Tues. 6:00-8:00 PM 04/13/10

RAISING HEALTHY SONS

21 tips for raising healthy sons.

Tues. 6:30-8:00 PM 02/16/10

SINGLE PARENTING TODAY

Addresses challenges single parents face.

Tues. 6:00-8:30 PM 04/27/10

TEEN WORKSHOP SERIES

Basic life skills workshops for teens ages 13-17.

Can't We All Get Along?

Wed. 6:00-8:00 PM 01/27/10

Self Esteem

Wed. 6:00-8:00 PM 02/24/10

Teen Dating

Wed. 6:00-8:00 PM 03/31/10

Dealing with Stress

Thurs. 6:00-8:00 PM 04/29/10

Anger Management

Tue. 6:00-8:00 PM 05/25/10