



# family resource center

*strong families. safe kids.*

## CONTACT

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Get this via email; contact us at [frc@childcrisis.org](mailto:frc@childcrisis.org)

## LOCATION

817 N. Country Club Dr, Mesa, AZ 85201  
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

## WORKSHOPS

Workshops are listed on a separate schedule

## FAMILY FUN

Activity-filled evenings for the whole family  
Wed. 08/04/10 & Wed. 10/20/10 6:00-7:30 PM

## DID YOU KNOW?

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, 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, Southwest Gas, 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.  
\$15 book fee

Thurs. 6:00-8:00 PM 07/01/10 – 08/05/10  
Tues. 1:00-3:00 PM 08/24/10 – 09/28/10  
Thurs. 6:00-8:00 PM 10/28/10 – 12/09/10  
Tues. 1:00-3:00 PM 01/04/11 – 02/08/11

### ACTIVE PARENTING NOW

Parenting class for parents of children ages 5 – 12.  
\$15 book fee

Tues. 1:00-3:00 PM 06/15/10 – 08/03/10  
Thurs. 6:00-8:00 PM 08/19/10 – 10/07/10  
Tues. 1:00-3:00 PM 10/19/10 – 12/07/10  
Thurs. 6:00-8:00 PM 01/06/11 – 02/24/11

### PARENTING CHILDREN WITH ADHD

An overview of ADHD, impact of the diagnosis, behaviors, treatment, and parent support.

Tues. 6:00-7:30 PM 06/15/10 – 07/27/10  
Tues. 6:00-7:30 PM 10/26/10 – 12/07/10

### STEP PARENTING

A couples class which discusses the characteristics unique to stepfamilies. \$15 book fee

Tues. 6:00-7:30 PM 07/27/10 – 08/31/10  
Tues. 6:00-7:30 PM 10/26/10 – 11/30/10

### PARENTING OF TEENS

Class for parents of teens ages 12 – 18 yrs.  
\$15 book fee

Tues. 6:00-7:30 PM 06/01/10 – 07/20/10  
Tues. 6:00-7:30 PM 10/12/10 – 11/30/10  
Tues. 6:00-7:30 PM 01/04/11 – 02/22/11

### RELATIVES AS PARENTS (RAP)

Parenting class for caregivers raising their relative's children.

Tues. 6:00-7:30 PM 05/11/10 – 06/22/10  
Tues. 6:00-7:30 PM 07/13/10 – 08/24/10  
Tues. 6:00-7:30 PM 09/14/10 – 10/26/10  
Tues. 6:00-7:30 PM 11/09/10 – 12/14/10  
Tues. 6:00-7:30 PM 01/11/11 – 02/22/11

### RELATIVES AS PARENTS SUPPORT GROUP

6:00-8:00 PM on the 1st Tuesday of each month.

## ANGER MANAGEMENT FOR THE FAMILY

### PARENT ANGER MANAGEMENT

Covers and explores frustrations due to parenting.

Tues. 6:00-7:30 PM 06/08/10 – 07/13/10  
Tues. 6:00-7:30 PM 09/07/10 – 10/19/10  
Tues. 6:00-7:30 PM 01/04/11 – 02/08/11

### HUFFY HIPPOS

A skill building class for early signs of temper tendencies. For kids 3-5 years and their parents.

Thurs. 10:00-11:30 AM 06/10/10 – 07/15/10  
Thurs. 10:00-11:30 AM 07/29/10 – 09/02/10  
Tues. 6:00-7:30 PM 08/03/10 – 09/07/10  
Thurs. 10:00-11:30 AM 09/16/10 – 10/28/10  
Thurs. 10:00-11:30 AM 11/04/10 – 12/16/10  
Thurs. 10:00-11:30 AM 01/06/11 – 02/10/11

### RAGING RHINOS

A skill building class for early signs of temper tendencies. For kids 6-8 years and their parents.

Mon. 6:00-7:30 PM 06/07/10 – 07/19/10  
Mon. 6:00-7:30 PM 07/26/10 – 08/30/10  
Mon. 6:00-7:30 PM 09/13/10 – 10/18/10  
Mon. 6:00-7:30 PM 11/01/10 – 12/06/10  
Mon. 6:00-7:30 PM 01/10/11 – 02/14/11

### GROWLING GRIZZLIES

A skill building class for early signs of temper tendencies. For kids 9-11 years and their parents.

Mon. 6:00-7:30 PM 06/07/10 – 07/19/10  
Mon. 6:00-7:30 PM 07/26/10 – 08/30/10  
Mon. 6:00-7:30 PM 09/13/10 – 10/18/10  
Mon. 6:00-7:30 PM 11/01/10 – 12/06/10  
Mon. 6:00-7:30 PM 01/10/11 – 02/14/11

## LIFE SKILLS

### HEALTHY RELATIONSHIPS FOR ADULTS

#### Level 1

Tue., Wed. & Thurs. 6:00-9:00 PM June 8, 9 & 10  
Mon., Tue. & Wed. 6:00-9:00 PM July 19, 20 & 21  
Mon., Tue. & Wed. 6:00-9:00 PM Oct 4, 5 & 6

#### Level 2

Mon., Tue. & Wed. 6:00-9:00 PM Aug 16, 17 & 18  
Mon., Tue. & Wed. 6:00-9:00 PM Nov 1, 2 & 3

#### Level 3

Mon., Tue. & Wed. 6:00-9:00 PM Sept 13, 14 & 15  
Tue., Wed. & Thurs. 6:00-9:00 PM Nov 30, Dec 1 & 2

## 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 07/07/10 – 08/25/10  
Wed. 4:00-5:30 PM 01/05/11 – 02/23/11

### FREE THE HORSES

Self-esteem class for kids 6-9 years.

Wed. 4:00-5:30 PM 09/01/10 – 10/20/10

### SOCIAL SALAMANDERS

A social skills class for kids 7-10 years.

Wed. 4:00-5:30 PM 05/26/10 – 06/30/10  
Wed. 4:00-5:30 PM 10/27/10 – 12/01/10

### 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 05/11/10 – 06/22/10  
Tues. 6:00-7:30 PM 07/13/10 – 08/24/10  
Tues. 6:00-7:30 PM 09/14/10 – 10/26/10  
Tues. 6:00-7:30 PM 11/09/10 – 12/14/10  
Tues. 6:00-7:30 PM 01/11/11 – 02/22/11

## 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  
jueves 6:00-8:00 PM 01/06/11 – 02/10/11

### SOBRE LA ADOLESCENCIA

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

jueves 6:00-8:00 PM 10/07/10 – 11/11/10

### AFRONTAR LA IRA

Administracion de ira para padres relacionado a nuestro trabajo como padres.

jueves 6:00-8:00 PM 08/12/10 – 09/16/10

### 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 06/24/10 – 07/22/10

### RELACIONES SOLIDAS

Habilidades de relaciones solidas para padres.

#### Nivel 1

Lunes, martes y miércoles

6:00-9:00 pm junio 28, 29 y 30

6:00-9:00 pm julio 26, 27 y 28

6:00-9:00 pm octubre 11, 12 y 13

#### Nivel 2

Lunes, martes y miércoles

6:00-9:00 pm agosto 23, 24 y 25

6:00-9:00 pm noviembre 8, 9 y 10

#### Nivel 3

Lunes, martes y miércoles

6:00-9:00 pm septiembre 20, 21, y 22

6:00-9:00 pm diciembre 13, 14 y 15

## NEW PARENTS

### EXPECTANT PARENT & INFANT CARE

Day 1: Calming a crying baby; Day 2: Basic infant care; Day 3: Infant brain development.

Tue. Wed. & Thurs. 6:00-8:00 PM May 4, 5 & 6  
6:00-8:00 PM July 27, 28 & 29  
6:00-8:00 PM Sept. 21, 22 & 23  
6:00-8:00 PM Dec. 7, 8 & 9

### SIGN, SAY & PLAY™

Using Baby Signs® with babies helps reduce tears, tantrums and frustrations. \$30.00 material fee

Thurs. 6:00-7:00 PM 09/02/10 – 10/07/10

## MALE CALL

### BOOT CAMP FOR NEW DADS

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

Sat. 9:00 AM - 12:00 PM 06/12/10

9:00 AM - 12:00 PM 08/28/10

9:00 AM - 12:00 PM 10/23/10

9:00 AM - 12:00 PM 12/04/10

### DADS WITH SPECIAL NEEDS CHILDREN DISCUSSION GROUP

6:00-7:30 PM on the 2nd & 4th Wednesday of each mo.

### DADS DROP IN DISCUSSION GROUP

6:00-7:30 PM on the 1st & 3rd Wednesday of each mo.

## FAMILIES IN TRANSITION

### COOPERATIVE PARENTING

For separated/divorced parents wanting to share the responsibility of raising their children. \$20.00 book fee

Thurs. 6:00-8:00 PM 06/17/10 – 08/12/10

Thurs. 6:00-8:00 PM 08/26/10 – 10/14/10

Thurs. 6:00-8:00 PM 01/20/11 – 03/10/11

### SPLIT PEAS

A support group for children ages 7-11 whose parents are separated or divorced.

Thurs. 6:00-8:00 PM 06/17/10 – 08/12/10

Thurs. 6:00-8:00 PM 01/20/11 – 03/10/11

### FAMILY LAW CLINIC

6:00-7:30 PM on the 1st Tuesday the months of: Jun., Aug., Oct. and Dec. Call to reserve a spot.

## JUST FOR SUMMER

### WATER FUN

Water play activities with your child. Towels, swimsuits or swimdiapers needed. For ages 2-6.

Mon. 10:00-11:30 AM 06/07, 06/21 & 07/19

### EXPLORING OUR WORLD

A 4 week class about planet Earth for ages 6-11.

Thur. 1:00-3:00 PM 06/03/10 – 06/24/10

Thur. 1:00-3:00 PM 07/08/10 – 07/29/10

### BOOKWORMS

For ages 3-5 and their parents.

Wed. 2:00-3:00 PM 06/02/10 – 06/23/10

Wed. 2:00-3:00 PM 07/07/10 – 07/28/10

## MILITARY 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 AM - 3:00 PM 06/12/10

Sat. 9:00 AM - 3:00 PM 08/21/10

Sat. 9:00 AM - 3:00 PM 11/06/10